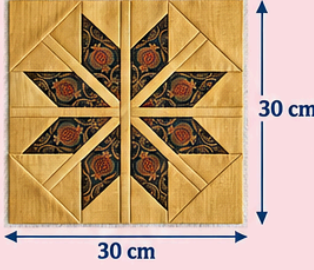




Star Quilt Block Tutorial

Step by Step with Measurements (in CM)

Finished Block Size



30 cm

Materials

- Cotton quilting fabric
- Rotary cutter, ruler and cutting mat
- Sewing machine
- Thread (matching colors)
- Iron and ironing board
- Scissors
- Pins or fabric clips

Main Fabrics



Fabric A
(background)
25 cm



Fabric B
(prints)
15 cm

1 Cutting the Pieces (all measurements include 0.6 cm seam allowance)

Fabric A – Background (tan)



4 squares
8 cm x 8 cm



4 rectangles
8 cm x 4 cm

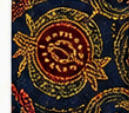


4 small squares
4 cm x 4 cm

Fabric B – Print (dark)



4 rectangles
8 cm x 4 cm



4 squares
8 cm x 8 cm

HST (Half-Square Triangles)

From Fabric A (4 cm) + Fabric B (4 cm)



Make 8 HST
that measure 4 cm x 4 cm
(trim to 4 cm x 4 cm)

2 Make the Half-Square Triangles (HST)

1. Place Fabric A and Fabric B right sides together (4 cm x 4 cm).
2. Sew 0.6 cm from both sides of the diagonal line.
3. Cut on the diagonal line and open. Press to the dark side.
4. Trim to 4 cm x 4 cm. Make 8 HST.

3 Make the Flying Geese Units

1. Arrange pieces.



4 cm
x 4 cm
(HST)



8 cm
x 4 cm
(Fabric B)



4 cm
x 4 cm
(HST)
2. Sew the left HST to the rectangle.
3. Sew the right HST.

Make 4 flying geese units.
Each unit should measure 8 cm x 4 cm.

4 Make the Corner Triangle Units

1. Arrange pieces.



8 cm x 8 cm
(Fabric A)



4 cm x 4 cm
(HST)
2. Sew the HST to one corner.
3. Add the small square to the other corner.

Make 4 corner units.
Each unit will measure 8 cm x 8 cm.

5 Arrange the Block



6 Sew the Rows



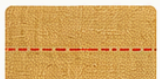
Sew the three rows together,
matching the seams. Press seams
in opposite directions for a flat block.

7 Finished Quilt Block



30 cm

Main Sewing Methods Used



Straight stitch
(0.6 cm seam allowance)



Sew on the diagonal



Accurate cutting
with a rotary cutter



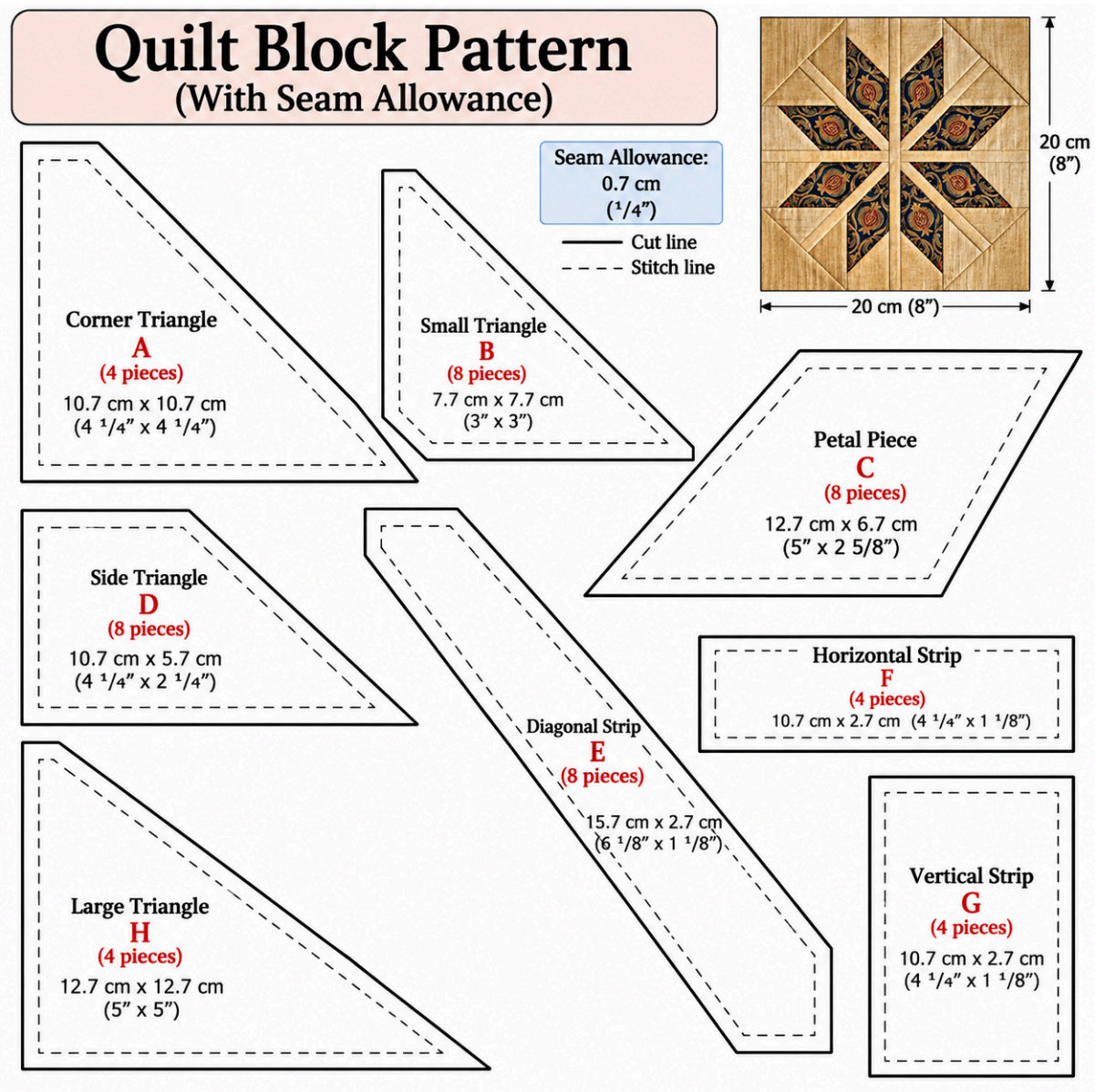
Press seams



Nest seams
for better alignment

Tips for a Perfect Block

- Use 100% cotton quilting fabric.
- Keep an accurate 0.6 cm seam allowance.
- Press each step carefully.
- Trim HST to the exact size.
- Keep fabrics well aligned when sewing rows.
- You can change colors and prints to create different looks!



Star Quilt Block Tutorial – Step by Step with Measurements (in CM)

The Star Quilt Block Tutorial is a beautiful quilting project that combines traditional patchwork techniques with a striking geometric design. Featuring eight pointed star-like sections arranged around a central intersection, this quilt block creates an elegant pattern using contrasting fabrics. The warm golden background and dark decorative prints shown in the reference

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image make the design especially attractive, but you can personalize it with your favorite quilting cottons.

This step-by-step tutorial explains how to create the star quilt block using half-square triangles (HST), flying geese units, corner triangle units, accurate fabric cutting, and straight machine stitching. The finished design is intended to measure approximately 30 cm × 30 cm, making it suitable for quilts, decorative pillows, wall hangings, table runners, and other handmade projects. Every stage is explained with measurements in centimeters and terminology commonly used by quilters in the United States.

Whether you are a beginner learning the basics of patchwork quilting or an experienced quilter looking for a decorative block, this project offers an opportunity to practice precise cutting, consistent seam allowances, and careful fabric placement. Follow the instructions in order, checking each unit before joining the rows. The reference graphic provides the overall construction sequence, while the additional sewing notes below help you complete the block accurately.

Step 1: Gather Your Materials and Prepare the Fabrics



Before beginning your Star Quilt Block, organize your sewing supplies and choose two contrasting cotton fabrics. Using materials of similar weight will make it easier to achieve straight seams and a smooth finished surface.

Materials Needed

- 100% cotton quilting fabric in two contrasting colors
- Rotary cutter
- Quilting ruler marked in centimeters
- Self-healing cutting mat

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- Sewing machine
- Coordinating sewing thread
- Iron and ironing board
- Fabric scissors
- Straight pins or sewing clips
- Fabric marking pencil or washable marker
- Seam ripper
- Optional: quilting gloves and a square quilting ruler

Choosing the Main Fabrics

The reference design uses two main fabrics:

Fabric A – Background Fabric

Choose a solid or subtly textured golden-tan cotton fabric. This fabric forms the outer sections, corner triangles, and lighter areas of the star.

Fabric B – Printed Fabric

Select a dark navy or black cotton fabric featuring colorful ornamental prints. This fabric creates the contrasting shapes that give the star its distinctive appearance.

For a traditional look, use warm gold with dark blue. For a modern variation, consider white and charcoal, sage green and cream, or burgundy and beige.

Fabric Preparation

Wash and dry the fabrics beforehand if you normally prewash quilting cotton. This helps reduce unexpected shrinkage after the project is finished.

Press both fabrics until they are completely flat. Wrinkles can interfere with accurate cutting, particularly when working with smaller pieces.

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Check the direction of any printed motifs. If your fabric contains directional patterns, plan the placement before cutting.

Set up your sewing machine with a straight stitch and a suitable universal quilting needle.

Important measurement note: The reference graphic specifies a 0.6 cm seam allowance, approximately equivalent to the standard American quilting allowance of $\frac{1}{4}$ inch.

However, the cutting dimensions shown in the graphic do not all produce the stated finished sizes when sewn with this allowance. The tutorial below preserves the illustrated cutting and assembly sequence while identifying where adjustments or test units are needed.

Step 2: Cut the Fabric Pieces According to the Reference Chart

Accurate cutting is one of the most important parts of this Star Quilt Block Tutorial. Small measurement differences can accumulate as multiple sections are sewn together.

Place Fabric A on the cutting mat, align the ruler with the straight grain, and use the rotary cutter to produce clean edges.

Fabric A – Background (Tan)

Quantity	Cutting dimensions
----------	-----------------------

4 squares	8 × 8 cm
-----------	----------

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4 8 × 4 cm
rectangle
s

4 small 4 × 4 cm
squares

These pieces form the light background sections of the block.

The larger squares are used in the corner construction, while the rectangles and smaller squares help form the geometric design.

Fabric B – Printed (Dark)

Quantit y	Cutting dimensions
--------------	-----------------------

4	8 × 4 cm
rectangl es	

4	8 × 8 cm
squares	

These pieces provide the dark decorative areas of the star.

Additional Pieces for Half-Square Triangles

The reference chart also shows 4 cm × 4 cm squares of Fabric A and Fabric B being used to create half-square triangles.

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For the illustrated construction, you will need 8 completed HST units.

The graphic does not clearly include all the additional 4 cm squares required to make these units in its main cutting list, so set aside extra fabric for them.

Sizing correction: Two 4 cm squares sewn with the standard two-at-a-time HST method cannot produce two finished, unsewn 4 cm HST units. For more reliable construction, cut the starting HST squares approximately 5.5×5.5 cm, sew them as described in Step 3, and trim the resulting units to 4×4 cm.

Keep the pieces organized by type. You can use small labels or separate fabric trays to prevent confusion during assembly.

Step 3: Make the Half-Square Triangle Units (HST)

Half-square triangles are essential components in traditional quilting. Each unit consists of two contrasting triangles joined diagonally to form a square.

For this project, the HST units combine the golden background fabric with the dark printed fabric.

Prepare the Squares

Place one square of Fabric A and one square of Fabric B together, with their right sides facing each other.

Align all four edges carefully.

On the wrong side of the lighter fabric, draw a diagonal line from one corner to the opposite corner.

This line will serve as your cutting guide.

Sew Along the Diagonal

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Using the marked line as a reference, stitch a straight seam 0.6 cm away from the line.

Repeat on the opposite side of the marked diagonal.

You should now have two parallel stitching lines, one on either side of the center marking.

Maintain a consistent seam allowance throughout the process.

Cut the HST Units Apart

Place the sewn square on your cutting mat.

Using a rotary cutter and ruler, cut directly along the original diagonal marking.

This separates the square into two triangular sections.

Open each section carefully.

You will now have two half-square triangle units, each containing one light triangle and one dark triangle.

Press and Trim

Press the seam toward the darker fabric whenever practical.

Avoid stretching the diagonal edges, as fabric cut on the bias can distort easily.

Trim each unit to 4 × 4 cm, as indicated in the reference graphic.

Repeat the process until you have a total of 8 HST units.

Quilting tip: Make one test HST before sewing the remaining units. A properly trimmed HST should be square, with its diagonal seam running precisely from corner to corner.

Step 4: Construct the Flying Geese Units

The next stage involves creating the flying geese units, which form the elongated decorative sections of the star.

In the reference image, each flying geese unit consists of a central printed rectangle with a light-and-dark triangle unit attached to each end.

Arrange the Pieces

For each unit, prepare:

- 1 Fabric B rectangle measuring 8 × 4 cm
- 2 HST units measuring 4 × 4 cm

Place the printed rectangle horizontally on your work surface.

Position one HST at the left end and another at the right end.

Arrange the triangles so the dark sections visually continue the central printed fabric, creating a long, pointed motif.

Sew the Left HST

Place the left HST against the central rectangle with right sides together.

Align the edges that will be joined.

Pin or clip the pieces to prevent shifting.

Sew with a 0.6 cm seam allowance.

Open the seam and press carefully.

Sew the Right HST

Repeat the same procedure with the HST on the opposite end.

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Check that the dark triangular sections are positioned symmetrically.

Press the unit flat without pulling or stretching the fabric.

The resulting shape should resemble the decorative flying geese arrangement illustrated in the reference.

Complete Four Units

Repeat the process until you have 4 flying geese-style units.

The graphic describes each finished assembly as measuring 8 × 4 cm. However, three pieces joined side by side—one 8 cm rectangle and two 4 cm HSTs—will be longer than 8 cm. The illustrated construction and stated dimensions are therefore not mathematically consistent.

For a reliably sized block, treat this stage as a visual assembly guide. Make one test unit, measure it, and adjust the component dimensions before cutting or sewing the remaining units.

Step 5: Make the Corner Triangle Units

The corner triangle units create the angular shapes around the outer edges of the star.

These sections use the golden background fabric and small contrasting triangle units.

Arrange the Corner Pieces

For each corner unit, the reference shows:

- 1 Fabric A square measuring 8 × 8 cm
- 1 completed HST measuring 4 × 4 cm
- 1 additional small background square for the opposite corner

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Place the large golden square on your work surface.

Position the HST near one corner, with the dark triangle pointing inward toward the center of the future block.

The goal is to create a corner with a small dark triangular accent and light diagonal details.

Attach the HST

The reference illustrates the HST being sewn to the corner of the background square.

For a flat, accurately pieced unit, do not simply sew the complete HST on top of the large square unless you are intentionally using appliqué.

Instead, use a corner-replacement piecing technique or a stitch-and-flip method with appropriately sized fabric pieces.

For the stitch-and-flip method, place a small square right sides together over the corner of the larger square, draw a diagonal sewing line, and stitch along it.

Trim the excess fabric approximately 0.6 cm beyond the stitching line, then flip the corner outward and press.

This creates a diagonal seam without unnecessary fabric layers.

Add the Second Corner Detail

Repeat the process on the opposite corner using the additional small background square.

Pay attention to the orientation of the diagonal lines.

The corner units should create mirrored shapes when arranged around the star.

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Make Four Corner Units

Prepare a total of 4 corner triangle units.

The reference identifies these assemblies as 8 × 8 cm, but the method and exact component dimensions require adjustment to preserve that size.

After completing the first unit, compare it with the reference picture and check the dimensions before continuing.

Step 6: Arrange the Star Quilt Block Layout ★

Once the individual units are prepared, it is time to arrange the complete star design.

This is one of the most satisfying stages because the geometric pattern begins to emerge.

The reference uses a three-row arrangement, with three main sections in each row.

Top Row

Arrange the pieces in the following order:

- 1. Top-left corner triangle unit**
- 2. Upper central printed star unit**
- 3. Top-right corner triangle unit**

The dark printed sections should point toward the center of the block.

Make sure the outer golden corners face outward.

Middle Row

Arrange the following sections:

- 1. Left horizontal flying geese unit**

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2. Central golden background section
3. Right horizontal flying geese unit

The central section in the reference is composed of narrow vertical golden strips.

These strips create a small cross-like intersection that separates the dark star points.

To reproduce this detail, cut narrow background strips slightly longer than needed, join them, and trim them after checking the width of the surrounding units.

Bottom Row

Arrange:

1. Bottom-left corner triangle unit
2. Lower central printed star unit
3. Bottom-right corner triangle unit

The bottom arrangement should mirror the top row.

Rotate the individual units until the printed sections point toward the center and the background triangles form a balanced outer frame.

Check the Overall Design

Before sewing, step away from the work surface and look at the entire arrangement.

The dark printed sections should create a symmetrical star pattern.

The golden background should form the outer corners and central dividers.

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Take a photograph of the arrangement with your phone. This can serve as a reference if you accidentally rotate a piece during sewing.

Important: The nine illustrated sections must be made to compatible dimensions before joining. The cutting chart alone does not specify enough correctly sized pieces to guarantee the pictured 30 × 30 cm block.

Step 7: Sew the Three Rows Together

After arranging the pieces correctly, begin joining them into horizontal rows.

Work on one row at a time to maintain accuracy.

Sew the Top Row

Place the top-left corner unit and upper center unit right sides together.

Align the raw edges.

Sew with a 0.6 cm seam allowance.

Open the pieces and press the seam.

Next, attach the top-right corner unit.

Press again and check that the decorative triangles remain correctly positioned.

Sew the Middle Row

Join the left flying geese unit to the central golden section.

Attach the right flying geese unit to the opposite side.

Make sure the central background strips remain straight and vertical.

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Press the seams carefully.

Sew the Bottom Row

Repeat the same construction method for the lower row.

Join the bottom-left corner, lower central star unit, and bottom-right corner.

Check that the bottom row mirrors the top row.

Match the Row Widths

Place all three sewn rows on your cutting mat.

Measure their widths and compare them.

The rows must be equal in width before you join them.

If a row is slightly uneven, inspect the seam allowances and correct the source of the difference rather than stretching the fabric.

Press the top and bottom row seams in one direction and the middle row seams in the opposite direction whenever the construction allows.

This technique is called nesting seams, and it helps produce accurate intersections.

Step 8: Join the Rows to Complete the Star

With the three rows assembled, you are ready to construct the complete block.

Join the Top and Middle Rows

Place the top row over the middle row with right sides together.

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Match the vertical seam intersections.

Insert pins at the points where the seams meet.

Sew slowly along the entire edge using a 0.6 cm seam allowance.

Remove the pins before they reach the sewing machine needle.

Open the rows and check that the printed sections align.

Press the seam carefully.

Attach the Bottom Row

Position the bottom row against the middle row, right sides together.

Match the vertical seams and the central star points.

Pin the intersections securely.

Sew along the joining edge with the same seam allowance.

Open the completed block.

You should now see the symmetrical star design, with dark printed shapes radiating around the golden central intersection.

Inspect the Star Points

Examine each point of the star.

The points should appear balanced, and the background sections should remain flat.

If a point is caught in a seam, use a seam ripper to correct that area before continuing.

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Avoid trimming the entire block until you have checked the dimensions and alignment.

Step 9: Press and Square Up the Finished Quilt Block

Proper pressing helps transform individual fabric pieces into a professional-looking quilt block.

Place the assembled block on your ironing board with the wrong side facing upward.

First, press the seams gently to set the stitching.

Then turn the block right side up and press it flat.

Use an up-and-down pressing motion rather than sliding the iron across the fabric.

Sliding can stretch the bias edges and distort the geometric design.

Check the Final Dimensions

The reference graphic presents the block as measuring:

Target width

30 cm

Target height

30 cm

Target block size: 30 × 30 cm

Because the reference cutting instructions contain dimensional inconsistencies, the assembled block may not reach this size.

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If you need an exact 30 × 30 cm unfinished block, calculate and adjust the component sizes before final assembly. An unfinished block measuring 30 × 30 cm will finish at approximately 28.8 × 28.8 cm after 0.6 cm seams on all four sides.

If you want a block that measures 30 × 30 cm after being sewn into a quilt, prepare it at approximately 31.2 × 31.2 cm unfinished.

Never trim away important star points simply to force the block to the target dimensions.

Step 10: Finish Your Star Quilt Block and Use It in a Project

After pressing and checking the dimensions, your decorative star block is ready to become part of a larger sewing project.

The design works beautifully as a single decorative panel or as a repeated motif in a full-size quilt.

Turn It Into a Pillow Cover

Use the completed star as the front of a decorative pillow.

Add coordinating background borders if you need a larger pillow size.

Layer the front with batting and backing fabric, then quilt the surface.

Finish the cover with an envelope backing or zipper closure.

Make a Table Runner

Create three or more matching star blocks.

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Join them horizontally using narrow fabric strips between the blocks.

Add an outer border and a layer of batting.

Quilt the layers together and finish with coordinating binding.

Create a Larger Patchwork Quilt

Repeat the star block using different printed fabrics.

Arrange the blocks in horizontal and vertical rows.

For a coordinated appearance, use the same background fabric throughout the quilt.

For a scrappy design, alternate the dark printed fabrics while maintaining a consistent contrast.

Add Decorative Quilting

Once the quilt top is assembled with batting and backing, you can enhance the design with machine quilting.

Consider stitching along the geometric lines of the star.

You can also quilt gentle diagonal lines through the golden background areas.

For a more traditional appearance, use neutral thread that blends into the fabric.

For a decorative finish, choose contrasting quilting thread that emphasizes the star's angular shape.

Tips for a Perfect Star Quilt Block

Maintain a consistent seam allowance. Use 0.6 cm throughout the construction. A quarter-inch quilting foot can help keep the seams even.

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Cut accurately. A rotary cutter, ruler, and cutting mat provide greater precision than freehand cutting with scissors.

Press after each stage. Pressing keeps the units flat and helps prevent unwanted bulk at seam intersections.

Trim HST units carefully. Check that the diagonal seam passes through the opposite corners of the square.

Keep the fabric aligned. Avoid stretching or pulling the pieces while sewing, especially along diagonal edges.

Use contrasting fabrics. Strong contrast between the background and printed fabrics makes the star pattern easier to see.

Make a test block. Because the original graphic contains inconsistent measurements, a test block is especially useful before cutting fabric for an entire quilt.

Frequently Asked Questions About the Star Quilt Block

1. Is this Star Quilt Block suitable for beginners?

Yes. The block is suitable for confident beginners who already understand straight stitching, basic patchwork cutting, and seam allowances. The geometric design requires patience and accurate placement, but the individual sewing techniques are approachable.

2. What is the recommended fabric for this quilt block?

High-quality 100% cotton quilting fabric is recommended because it is stable, easy to cut, and comfortable to sew. Avoid stretchy fabrics for your first attempt.

3. What does HST mean in quilting?

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HST stands for Half-Square Triangle. It is a square made from two triangular pieces of contrasting fabric joined along a diagonal seam. HST units are widely used in star blocks and traditional patchwork designs.

4. What are flying geese units?

Flying geese are rectangular patchwork units featuring a central triangle surrounded by two contrasting side triangles. The reference design uses an elongated variation assembled with HST units.

5. Can I make this quilt block in different colors?

Absolutely. The star looks beautiful in Christmas colors, autumn shades, pastel combinations, and traditional blue-and-white fabrics. Choose colors with enough contrast to keep the geometric pattern visible.

6. Why is my quilt block smaller than expected?

Common causes include inconsistent seam allowances, inaccurate cutting, excessive trimming, and pressing distortion. In this particular reference, some listed cutting measurements are also inconsistent with the stated final unit sizes.

7. Should I press seams open or to one side?

Both methods can work. Pressing toward the darker fabric is common for HST units, while alternating seam directions between adjacent rows helps the seams nest neatly.

8. Can I sew this quilt block by hand?

Yes. Use small, consistent running stitches and carefully marked seam lines. Hand sewing takes longer but can produce beautiful results.

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9. How many star blocks do I need for a quilt?

The number depends on the finished dimensions of your blocks and the desired quilt size. For example, if each block finishes at 30 × 30 cm, arranging 4 blocks across and 5 blocks down produces a quilt center approximately 120 × 150 cm before adding borders.

10. Can I add borders to the finished star block?

Yes. Solid or printed borders can frame the star and increase the size of the project. Measure the actual block before cutting the border strips.

Conclusion

The Star Quilt Block Tutorial – Step by Step with Measurements (in CM) demonstrates how contrasting fabrics, half-square triangles, decorative flying geese-style units, and carefully arranged corner sections can create an attractive geometric patchwork design.

By following the illustrated construction sequence, practicing accurate cutting, maintaining a 0.6 cm seam allowance, and pressing the seams carefully, you can develop essential quilting skills while creating a beautiful handmade block.

Remember that the original reference graphic provides a useful visual layout but includes cutting measurements that require correction for precise construction. Making a test unit and checking dimensions at each stage will help you achieve a more consistent result.

Whether you incorporate the design into a patchwork quilt, decorative cushion, table runner, or wall hanging, this star block offers many creative possibilities. Experiment with

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different cotton prints and background colors to make each finished project uniquely yours.