

Spirit Steps

Designed by Hilary Bobker for And It Was Sew
Featuring Native Spirit by Whistler Studios

SIZE: 45" x 55"

FREE
PROJECT



THIS IS A DIGITAL REPRESENTATION OF THE QUILT TOP, FABRIC MAY VARY.

PLEASE NOTE: BEFORE MAKING YOUR PROJECT, CHECK FOR ANY PATTERN UPDATES AT WINDHAMFABRICS.COM'S FREE PROJECTS SECTION.



Spirit Steps

The cutting chart below is for yardage. The strips in this quilt are 2 1/2", so a jelly roll of one strip of each fabric will work just as well. At the end of the pattern are a couple of alternatives from which to choose.

Yardage based on 40" wide fabric. All seams are 1/4" unless otherwise noted.

Swatch	SKU	Yardage	Placement and Cutting
	42222-1	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42222-2	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42222-3	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42224-1	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42224-2	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42224-3	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42225-1	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42225-4	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42225-5	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42225-6	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42226-2	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42226-3	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42226-5	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.



Spirit Steps

Swatch	SKU	Yardage	Placement and Cutting
	42227-3	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42227-4	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42227-7	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42228-2	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42228-4	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42228-5	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42228-6	1/8 yd	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces.
	42228-3	1 1/2 yds	Steps —Cut 1 strip 2 1/2" x WOF. Cut 4 - 6 1/2" x 2 1/2" pieces. Sashing —Cut 3 lengthwise strips 2 1/2" x 40 1/2". This is an exact measurement. Allow for differences in piecing. Border #1 —Cut 2 lengthwise strips 2 1/2" x 40 1/2". Cut 2 lengthwise strips 2 1/2" x 34 1/2". These are exact measurements. Allow for differences in piecing. Binding —Cut 2 1/2" x 225" (6 1/4 yds, about 8 strips).
	42223-1	2 yds	Border #2 —Cut 2 lengthwise strips 68" x 5 1/2" WITH THE SAME STRIPES. Cut 2 lengthwise strips 58" x 5 1/2" WITH THE IDENTICAL STRIPES. The stripes won't miter beautifully if they are not cut the same.
Backing		2 1/2 yds	

You will need just the normal cutting and sewing tools. You will need a batting 50" X 60". You will need to practice to get the strips the right size. They should finish 2" x 6". There are a lot of seams and it is pretty easy to get things messed up.

If you have a favorite mitering tool, get it out. Border #2 needs to be mitered.



Spirit Steps

Making the center—

- Cut all your rectangles.
- On your design wall, decide on the order in which you would like them placed. The front cover gives you my idea, but you can mix them up anyway you would like. The order needs to stay the same after you have decided, or the “steps” won’t appear. I would keep the steps of the sashing fabric near the center.
- Sew a set together, being careful to end up with 2” x 6” finished blocks. Press all seams down.
- Sew another set together, but this time start with the fabric at the bottom of the column at the top, but the rest of the order the same.
- Repeat two more times, moving two and then three blocks from the bottom to the top.
- Study the picture which shows the movement of the fabrics which make the steps.
- **Make 4 columns.**
- Measure the columns to make sure they are the same length. If you have been careful, they should be. If you haven’t been careful, you may need to rip and re sew some of the seams.
- Trim all your sashing strips to the same length of your columns.
- Sew the columns together with a sashing strip in between each column. Press toward the sashing.
- Measure the length of the columns on each side of the center. This length should not have changed from when you measured it before, but check to make sure.
- Trim the sides of Border #1 to length and sew to the sides of the quilt. Press toward the border.
- Measure across the width of the quilt in three places.
- Take an average of these numbers and cut the top and the bottom Border #1 to this length. They should be cut the same even if the top and the bottom do not measure the same.
- Sew to the top and bottom. Press toward the Border #1
- Find the center by folding in half side to side and top to bottom. Mark the centers.
- Find the center of the Border #2 pieces.
- Match the centers of the sides of the quilt with the centers of the long Border #2 pieces.
- Sew the side borders on **stopping 1/4” from the edge on each end.**
- Do the same on the top and bottom borders.
- Press Border #2 toward Border #1.
- With an erasable marker, draw a 45 degree angle from exactly the corner out to the edge of the quilt. **See next page for a more thorough explanation.**
- Fold back on this line.
- Do the same on the other side of the miter and fold back.
- Place the two folds next to each other. If they meet exactly, you have won the Miter Lottery. Sew the seam and go to the next corner and do the same thing.



Spirit Steps

- If they don't match exactly, and mine never do, you will have to fudge it around until they do match. The quilt police will not have a 45 degree ruler with them, but they will be able to see if the stripes in the pattern don't match, and so will you.
- I have taken photos of this process and put them below. The fabric is NOT your fabric, but I have used a fabric that is easier to read in a photo. One picture. Thousand words. etc etc etc. Well, really more than one picture, but you get the idea.



Mark 1/4" from each side on the corners of your quilt as shown.



Allowing plenty of length to accommodate the miter, mark a 45 degree angle on the border piece.



Sew the border to the quilt stopping exactly at the marked corner. Back stitch to hold.



Carefully matching all the corners, sew the other side of the border onto the quilt stopping exactly at the corner again.



Check the right side of the quilt to see that the corner matches.



Fold back on your marked 45 degree lines and check if your stripes are in the ballpark of being correct.



Spirit Steps



Carefully pin along the lines, matching the top and the bottom lines. BASTE THE SEAM.



Turn to the right side and see how close...or not close you got.



Mark corrections on both sides.



Remark the lines to correct as necessary.



Lightly press back and see if you are closer this time.



Spirit Steps



BASTE THE SEAM. Of course, this time it is perfect so you can sew the seam with a smaller stitch.



Trim the seam down to 1/4".



Press the seam open and press the seam to the quilt center toward the quilt as shown above.



Finished!!



Spirit Steps

NOTE: Don't let the problems with striped fabric put you off mitered corners. Mitering a corner without stripes is much simpler because there is nothing to match. And mitered corners are spectacular!

- When the border is on and beautiful, it is time to create the quilt sandwich and quilt it as you desire.
- Bind the quilt.
- Enjoy!
- P.S. You don't have to point out anything to other quilters, they know what you just did in the corners. BUT, to non-quilters, they need to have the process explained to them so they can truly appreciate what you just did!