Sewing Pattern #2209913

Dress - Bodycon (knit fabrics!) - Below knee length - Regular armholes - Bateau neckline - Stand collar - No front closure - Dress with waist seam - Pencil skirt - All front darts transferred to waist dart - Back shoulder and waist dart - 3/4 sleeve



Note on seam allowances:

- If the pattern has double contour the seam allowances are included.

- If the pattern has single contour, the seam allowances are NOT included and need to be added when laying out the pattern.

Note on length of fabric:

Attention! The amount of fabric needed for your pattern is not included. It will depend on the selected pattern size, the width, and design of the fabric you plan to use. You are welcome to use the Online Fabric Estimator to make calculations. Alternatively, print all the paper patterns and lay them out at the width of fabric you plan to use (usually from 90 to 150 cm). Measure how much fabric you will need. Don't forget to account for pieces that need to be cut multiple times and pieces that are cut on the fold.

PRINTING:

Please use Adobe Reader software to open your PDF pattern. You can get Adobe Reader free of charge at this link - https://get.adobe.com/reader/.

Make sure you print your patterns at actual size (100%% scale or None) and on single sides of plain A4 paper. Verify that the print out size is to the correct scale by measuring the test square on the first page. The upper edge of the square features a centimeter scale, and the bottom edge features an inch scale.

Trim top and/or right margin of the pages where you see the scissors symbols. In the center of each page, the number of row and column is printed, separated by / sign. Construct layout pages according to these marks (for example, page marked 2/3 is in the second row and in the third column). Align pages using margins and tape or glue together.

CUTTING:

Note on cutting:

Lay out your pieces according to straight of grain as marked on the pattern pieces.

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Some pieces will be cut on the fold, the corresponding edge will then be marked with a fold mark. Kindly pay attention to notes regarding type of fabric and quantity of required pieces on a block. For example, [Main, Interfacing - cut 1+1] on a pattern piece means that you need to cut 1 piece as is and 1 mirrored piece from the main fabric as well as from interfacing.

Make sure to mark all notches and other design features such as pleats etc. from the pattern piece onto your fabric. When sewing the garment, pay attention to notches, they must match up.

* The capital letters in brackets correspond to pattern blocks as seen in Online Fabric Estimator and in pattern blocks preview on the right.

INSTRUCTIONS:

1. **Recommended fabric for your sewing pattern:**

- **Stretch Crepe:** A lightweight woven fabric with a gentle stretch, providing a figure-flattering fit for bodycon dresses while still maintaining limited stretchiness. It allows for sleek lines and tailored details without excessive complexity.
- **Stretch Twill:** Lightweight woven twill fabrics with a touch of stretch, offering both comfort and style for bodycon designs, with limited stretch. It provides structure and elegance to your dress without compromising on the style elements.
- **Lightweight Ponte:** A lighter version of Ponte Roma, still stable and stretchy, perfect for lightweight body-hugging dresses, with limited stretch. It is ideal for creating clean lines and simple yet sophisticated bodycon styles.
- **Stretch Satin:** Lightweight satin with elastane content, providing a slight stretch for a luxurious bodycon look. It adds a touch of elegance to your dress, ensuring a perfect fit for the style elements.
- **Stretch Sateen:** A smooth and lightweight fabric with elastane, offering a subtle stretch for a comfortable fitted bodycon dress. It is versatile and allows you to incorporate intricate style elements with ease.
- **Stretch Jacquard:** Lightweight jacquard fabrics with elastane, adding texture and stretch to your bodycon style. It offers a unique look and allows for creative design elements while maintaining a flattering fit.

When working with fabrics with elastane or limited stretch, it's essential to consider the pattern's style elements to ensure a successful outcome. These lightweight fabrics allow for creating a snug bodycon dress with clean lines and tailored details, providing both comfort and sophistication. As you sew, keep in mind the expertise required to handle stretch fabrics and maintain the dress's overall style elements. Happy fabric shopping and sewing!

2. **Zipper Length Note:**

For patterns that are fitted in the waist, we recommend installing a zipper that goes below the waist level, approximately halfway to the hips. This placement ensures easy dressing and a smooth fit for your garment. However, for patterns that are not fitted in the waist or have a wider neckline, clients have the freedom to make their design decisions. They can choose to install a shorter zipper at the top or even skip the zipper altogether if they prefer. We understand that sewing in a zipper can be a complex step, and we want to provide flexibility in the construction process.

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To determine the zipper length, look for the triangular zipper mark along the back seam of the pattern. Measure from the top corner of the back piece to the marking, possibly across several pieces if the zipper spans multiple sections. Generally, if a zipper of a similar length, or slightly shorter, is available, it should work well for your garment.

For the exact zipper length as specified in the pattern, please refer to the specification sheet.

3. **Preparing the Fabric:**

a. **Prewash the Fabric:**
   - Before starting your sewing project, it's essential to prewash the fabric to remove any sizing or shrinkage.
   - Follow the fabric's care instructions for washing and drying.

b. **Dry and Iron:**
   - After prewashing, dry the fabric according to the care instructions.
   - Once dry, iron the fabric to remove any wrinkles and ensure it's smooth and flat.

c. **Check Fabric Edges and Salvage Edge:**
   - Examine the edges of the fabric piece to ensure they are even and not cut in a slanted line.
   - If the fabric is cut at an angle, take this into account when calculating the yardage needed.
   - Do not include the salvage edge (the rough edge) into the calculations, as it may affect the look of the garment.

d. **Use the Online Yardage Tool at Sewist.com:**
   - Visit Sewist.com and use the online yardage tool to estimate the amount of fabric required for your sewing pattern.
   - Input the necessary measurements and details to get an accurate yardage estimate.

e. **Check Sewing Pattern Instructions:**
   - Review the sewing pattern instructions to determine the number of fabric pieces to cut and if any of them need to be cut on the fold.
   - Take note of any seam allowances on the edge of the fold line. If the seam allowance extends beyond the fold line, ignore it.

f. **Language Options:**
   - If you need the sewing pattern instructions in German, French, Spanish, Italian, or Russian, you can download them from the sewing pattern page at Sewist.com.
   - Simply go to the gallery, type in the design number, and proceed to the sewing pattern page.

g. **Choose Your Cutting Method:**
   1. (Option 1)
      - Print out the sewing pattern and tape the pages together to create the pattern pieces.
      - Place the sewing pattern pieces on the fabric and use weights to keep them from shifting.
      - Consider marking the outlines with a water-soluble or heat-erasable marker, transferring all marks and notches, and paying attention to the width of the seam allowances.
   2. (Option 2)
      - If you have an iPhone, you can use the augmented reality sewing pattern with the VectAR app.
      - Download the app and print out the marker page, then follow the manual at Sewist.com - VectAR Manual to use the AR sewing pattern.

4. FUSIBLE INTERFACING

Applying Fusible Interfacing:

a. Follow the Cutting instructions to determine the size and shape of the fusible interfacing needed.
b. Prepare your work area by laying out the main fabric on the ironing board, with the wrong side facing up.
c. Take the fusible interfacing and place it on top of the fabric, ensuring the adhesive side faces down.
d. To protect the fabric, position a pressing cloth over the interfacing.
e. Apply the fusible interfacing in manageable stages, focusing on one area at a time.
f. With the iron held over the fabric, maintain a steady position for approximately 10 seconds.
g. Keep the iron still during this time to prevent any movement of the fabric layers.
h. Lift the iron and move on to the next area, repeating the process until all sections are covered.
i. Allow the fused interfacing to cool down a bit before proceeding to the next step.

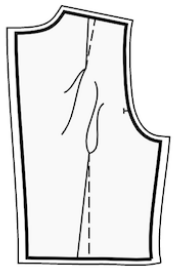
Applying Fusible Interfacing to Shoulder Edges:

a. Cut a strap of fusible interfacing on bias, approximately 1.5 cm or 1/2 inch wide.
b. From the wrong side of the main fabric, place the interfacing strip along the shoulder edges of the Front and Back pieces.
c. This step helps stabilize and reinforce the edges, ensuring durability and shape retention.
d. Refer to the *Figure on the right* for visual guidance.

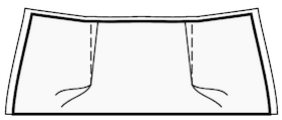


5. Sew waist darts on Front pieces. Cut bulk off of 1 cm, if desired, serge and press towards center.

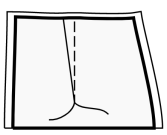
6. Sew darts on Back pieces. Start from the edge of the fabric, and stitch towards the dart corner, using a narrow stitch. Do not backstitch, leave long threads and tie a knot. Press bulk of darts towards center back (see Figure in the right).



7. Sew darts on Front Skirt. Start from the edge of the fabric, and stitch towards the dart corner, using a narrow stitch. Do not backstitch, leave long threads and tie a knot. Press bulk of darts towards center front (see Figure in the right).



8. Sew darts on Back Skirts. Start from the edge of the fabric, and stitch towards the dart corner, using a narrow stitch. Do not backstitch, leave long threads and tie a knot. Press bulk of darts towards center back (see Figure in the right).



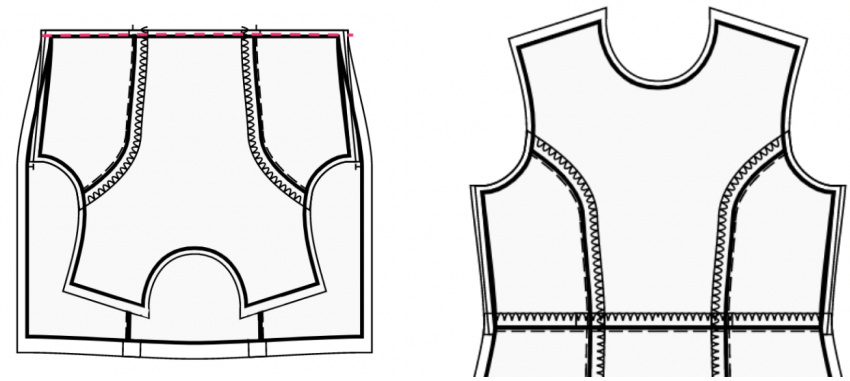
9. **Assembling Front Bodice and Front Skirt:**

a. Place the Front Bodice and Front Skirt pieces together with *right sides facing* each other. Match the side

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seams and pin them in place.
b. Align the center front lines of both pieces and pin them together. Ensure the darts and notches line up correctly.
c. For precise alignment and to prevent fabric shifting, consider *basting* the seam before stitching. Use a contrasting thread to make the basting stitches easily visible.
d. *Stitch* the pieces together along the pinned seam, using a straight stitch. *Backstitch* at the beginning and end for added durability.
e. *Serge* the seam allowances to finish the edges neatly.
f. *Press* the seam allowances towards the top to flatten and set the seam.
g. Treat the assembled Front Bodice and Front Skirt as one Front piece for further construction.

Kindly note that the example below may showcase a slightly different pattern design, but the overall concept remains the same.

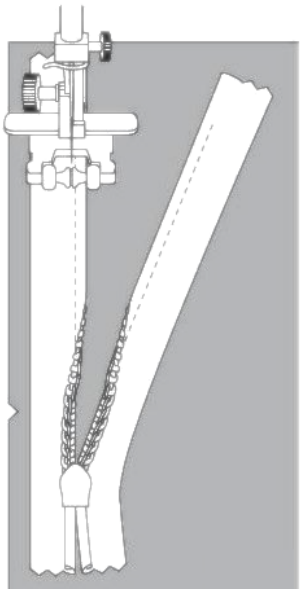


10. Place the right Back Bodice and right Back Skirt together with right sides together, matching the side seams. Pin the bodice to the skirt, matching the darts/notches. Consider basting the seam first to be sure the seams match up perfectly and to prevent any shifting of fabric when stitching. Stitch together. Serge the seam allowances, and press them towards top. Repeat for the left Back Bodice and Left Back Skirt. Treat as whole Back pieces in the future.

11. **CENTER BACK ZIPPER**

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- Fold under the seam allowances along the center back seam. Push them down with your hand, but do not press them.

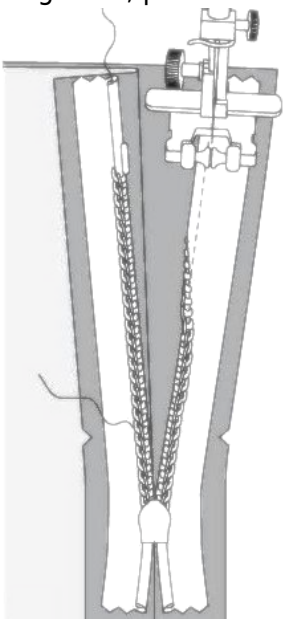


- Open the dress zipper. Put it down onto the center back edge, right sides together. The teeth of the zipper should be matched with the center back of the garment. The edge of the zipper tape is directed towards the edge of the seam allowance.

- Line up the upper end of the zipper 1mm lower than the marked stitch line of the neckline edge (not the edge of the seam allowance of the neckline) and baste the zipper tape to the seam allowance of center back. Do not baste through both layers of the main fabric, but to the seam allowance only. It is best to baste with slanted stitches at the center of the zipper tape. Baste both the left and the right sides of the zipper, from the upper edge downwards.

- Install the invisible zipper foot.

- Push down the teeth of the left side of the zipper with the nail of your index finger, and thread them into the special groove of the zipper foot. Make sure to uncurl the spiral of the zipper with your nail a bit, so that you can see the future stitch line. Adjust the position of the needle and stitch the zipper close to teeth. Make sure that the stitch line is exactly at the center back line. Stop at 2 cm from the slider. Leave long ends, pull them to the wrong side, tie a knot and cut thread. (See Figure 1)



- Repeat for the right side of the zipper. Start stitching at the top and proceed downwards toward the hem. You may need to readjust the position of the needle depending on your zipper foot. (See Figure 2)

- Close the zipper.

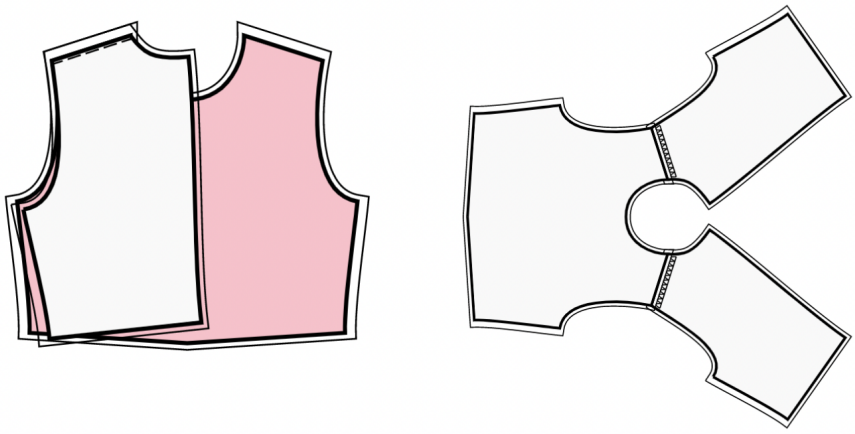
- Baste the center back seam, folding away the lower end of the zipper, so that you can baste it up to the stitch line of the zipper.

- Install the zipper foot. Sew the center back seam from the lower edge (or the vent upper corner, if there's a vent) and stitch as closely as you can to the end of the zipper.

- Remove baste stitches. Slipstitch the base of the opening for zipper. Press the seam apart, pressing the opening for the zipper at the same time.

12. Sew shoulder seams. Serge and press towards back.

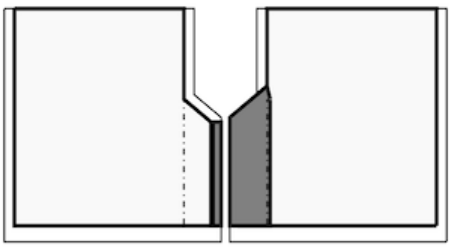
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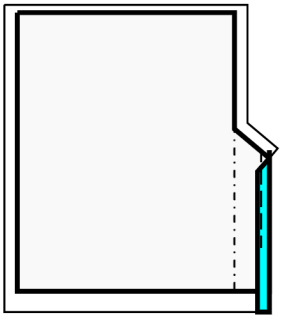
13. Pin collars pairwise right sides together and sew outer edge and corners. Trim seams, turn collar right side out and press.
Sew outer collar stand into front neckline, clip into curves and press seam towards collar. Turn inner collar edge under and topstitch into neckline connecting seam.

14. **VENT**

IMPORTANT: Depending on the length of the skirt and the silhouette your garment may or may not have vent. Skip this step if there is no vent on back skirt.



- Cut a tape from fusible interfacing, 5/8 inch wide, along the grain, and apply it to the seam allowance of the right skirt from the wrong side, leaving a distance of 0.1 cm between the line marking the seam allowance of the vent and the fusible interfacing (see Figure 1).



- Cut a shape of the vent area with the seam allowances, wider by 0.5 cm. Apply the piece to the area of the vent on the left skirt, from the wrong side. The fusible interfacing should pass the fold line of the vent by 0.5 cm (see Figure 1).

- Mark center seam line (vent fold-line) from the right side.

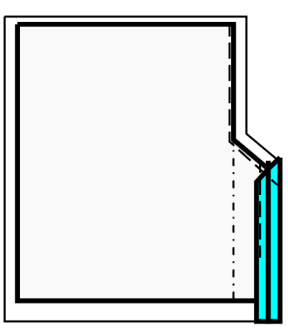
- Serge the vertical and the upper slanted edges of the vents separately on both skirts.

- Fold under the seam allowance along the vertical edge of the vent on the right skirt, and topstitch it, stopping at approximately 6 cm from the lower edge. (See Figure 2).

- Pin right skirt to left skirt, right sides together, align the center back seams, and the vent edges. Baste together along the upper edge of the vent.

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- -Sew the center back seam, then 1/2 inch down, and turn and stitch along the slanted vent edge, all the way up to the vertical edge of the vent on the left skirt. (See Figure 3).

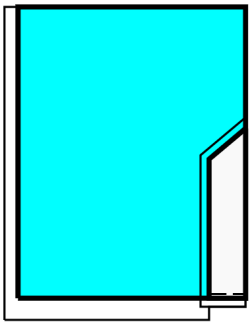


- Clip into the corner of seam allowance between the center back seam and the slanted upper edge of the vent on the right skirt.

- Press the center back seam apart.

- Press the seam allowance for the vent on the left skirt in such a way, that the fold of the vent continues the center back seam.

- On the left skirt, sew a stitch line from the fold of the vent to the vertical edge of the seam allowance of the vent, along the hem line. Cut away the seam allowance, leaving 1 cm (3/4 inches). Trim the corner. Turn right side out and press. (See Figure 4)



- Baste together the layers of the vent along the slanted edge and the vertical edge of the inner part of the vent.

- Sew a fixing stitch from the right side, from the center back seam along the slanted edge of the vent (see the technical drawing).

15. **SEW SLEEVES INTO ARMHOLES**



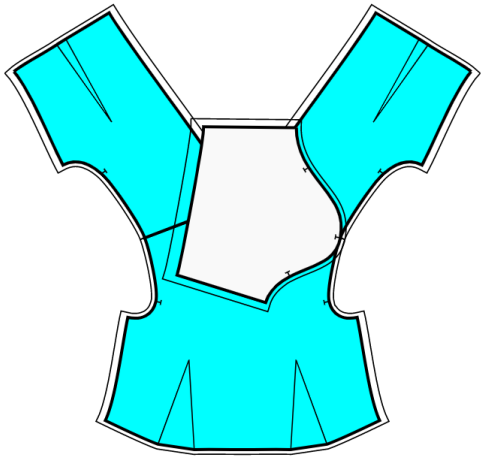
- Stitch two parallel gathering stitches along the sleeve cap, between the two markings at the back and at the front of the sleeve. Leave the ends of threads on each side, at least 10 cm (4 inches) long.
The first stitch line should be placed at 0.1 mm above the marked stitch line, the second stitch line should be placed at 0.5 mm above the first stitch line. (See Figure 1)

- Gather ease, pulling the lower thread. Press the cap of the sleeve, easing it in, 1-1.5 cm at a time. (See Figure 2)

OPEN ARMHOLE (side seams and sleeve seam not sewn yet):

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- Pin the sleeve to the bodice (Right Back, Front and Left Back, connected at the shoulder seams). The side edges of the seam should line up with the side edges of the Front / Back, correspondingly. The upper mark on the cap of the sleeve should line up with the shoulder seam - see Figure 3. Baste the sleeve into the armhole, matching the markings at the front and back armholes with the markings at the front and back sides of the cap.



- Sew the seam, with the sleeve on top, and the bodice at the bottom, so that you can control the ease and make sure there are no unwanted tucks at the cap.

- If there are any uneven edges at the cap due to easing it in, trim the seam allowance a little bit to have a smooth line at the edge. Serge the seam with the sleeve on top, and the bodice at the bottom.

- Serge the cap edge with the sleeve on top, and bodice at the bottom.

- Press towards the sleeve.

16. **Garment Assembly**

1. Aligning Right Sides and Pinning: Carefully place the Back piece onto the Front piece, right sides together. Take your time to align the following elements for a proper fit: the armholes, the lower edge of the sleeve, the waist seam, and the hem of the garment. Once aligned, use pins to secure them in place. Pins will help keep everything in order.
2. Side Seam Stitching: Commence stitching from the armhole corner, sewing a straight line down to the hem of the garment. This seam forms the side of your dress. Proceed deliberately, removing pins as you sew. Remember to begin and end your seam with a few backstitches to secure it.
3. Sleeve Seam Sewing: Transition to the sleeve section. Stitch a straight line from the armhole down to the lower edge of the sleeve. This creates the sleeve seam. Once again, take your time and remove pins as you progress. Ensure that you commence and conclude your seam with backstitches.
4. Seam Finishing and Pressing: After completing the stitching, it's important to finish the raw edges of the fabric to prevent fraying. You can accomplish this using a serger or by employing a zigzag stitch on your sewing machine. Subsequently, press the seams towards the back of the garment or the back part of the sleeve.

17. HEM FINISHING

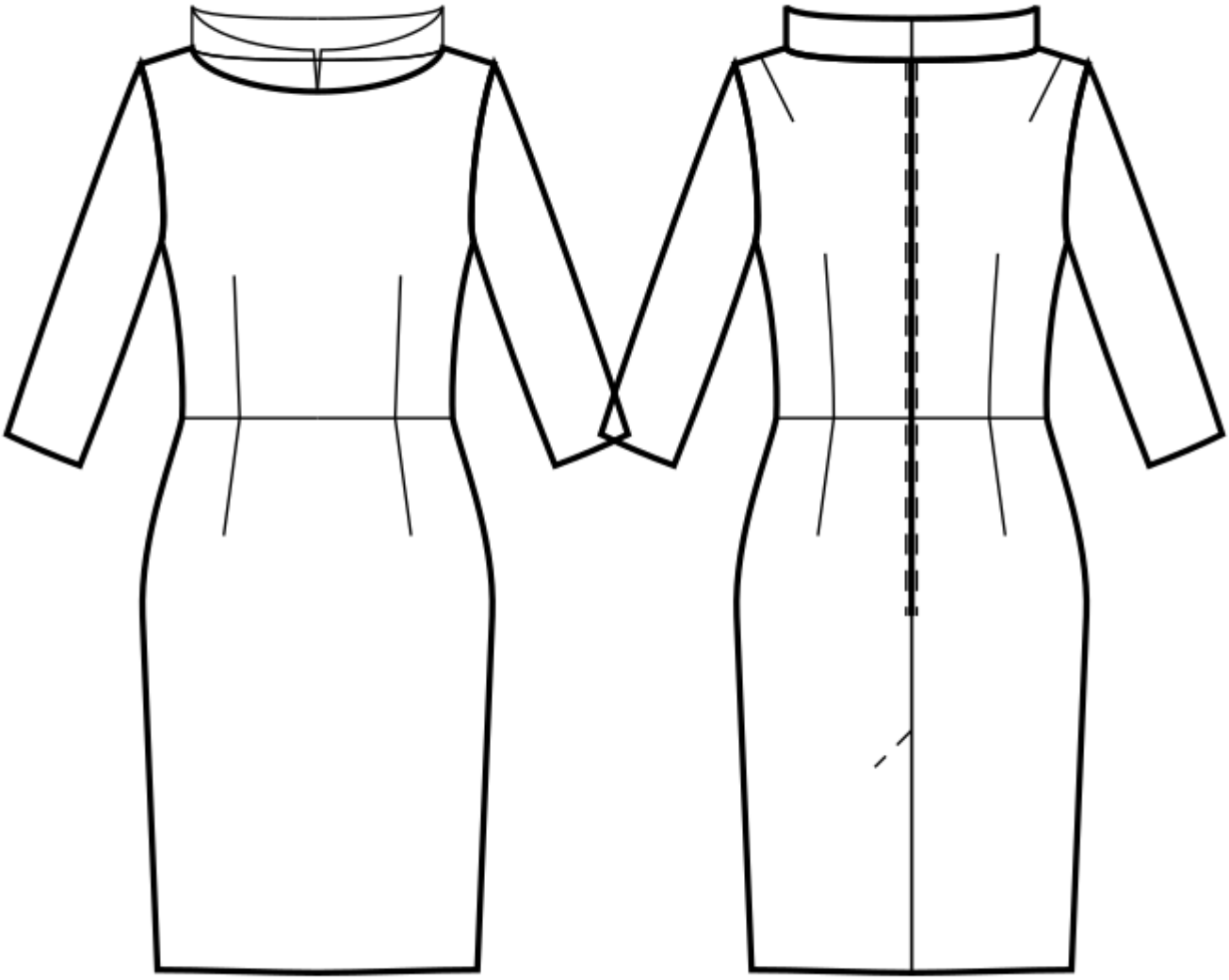
a. **Serge Hem** Using a serger or overlock machine, serge the raw edge of the hem to prevent fraying.
b. **Turn Under and Press:** Turn the serged edge of the hem towards the wrong side of the fabric. Press the folded hem in place with an iron to create a crisp edge.
c. **Topstitch or Slip Stitch:** Choose your desired finishing method:
   - **Topstitch:** Sew a straight stitch along the folded edge of the hem, securing it in place.
   - **Slip Stitch:** Use a hand sewing needle and matching thread to invisibly stitch the folded hem to the main fabric.

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18. SLEEVE FINISHING

a. **Serge the Lower Edge:** Use a serger to finish the lower edge of the sleeves for a clean look.
b. **Turn Under and Press:** Turn under the serged edge and press it to create a neat fold.
c. **Topstitch or Slip Stitch:** Choose your preferred method and either topstitch or slip stitch the folded edge in place.

TECHNICAL DRAWING:



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