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# A Clean Stitch

## Quilted Sneakers Class Quilting Instructions

Quilting your fabrics prior to the class will ensure that you can complete your shoes during the allotted class time. To quilt your fabrics, please follow these instructions.

If you are using different fabric for the tongues of your shoes, please review the supply list for the cutting list for fabric, foam and interfacing requirements.

Press all fabric. Lay your lining fabric right side down on your pressing surface. Lay the double sided fusible foam on top of the lining fabric matching raw edges as closely as possible. Lay the fusible woven interfacing, (Pellon SF101), on top of the foam with the fusible side up, again trying to match your raw edges. Then place your exterior fabric right side up on top of the fusible interfacing.

From the center of the quilt sandwich smooth out all layers with long sweeping hand motions. When the sandwich is smooth begin pressing from the center with an iron on a cotton setting. Press hard for about 5 seconds and then move the iron to an adjacent area. Continue pressing until you have covered the whole piece then flip your sandwich over and repeat this process until all layers are completely adhered. Quilt your fabrics in any pattern you prefer but make sure quilting is no more than 1" apart.

If you plan to fussy cut your sneakers, you can find shoe patterns in your size here: <https://www.sneakerkit.eu/c-3526931/patterns/> . We will be using the Classic 3 in 1 pattern. DO NOT CUT YOUR FABRIC UNTIL CLASS.

I have created a YouTube video that should answer any questions you have regarding yardage, layout and quilting your fabrics. You can view that by searching Sew 406 MT on YouTube or by following this link:

[https://youtu.be/oFVL3\\_LnLc?si=vjeEdJimpFTGNoMN](https://youtu.be/oFVL3_LnLc?si=vjeEdJimpFTGNoMN)

Feel free to contact me if you have any questions or concerns. I am looking forward to helping you create your very own quilted sneakers!