

Headband Twist

Finished Size: 3" x 21" (7.62cm x 53.34cm)



Supplies Needed

- 1 – Fat quarter* 18" x 21" (20.32cm x 30.48cm)
- 6" (15.24cm) – 1" (2.54cm) wide elastic
- Coordinating thread
- Safety pin
- Basic sewing supplies
- Sewing machine
- Iron, pressing surface and press cloth

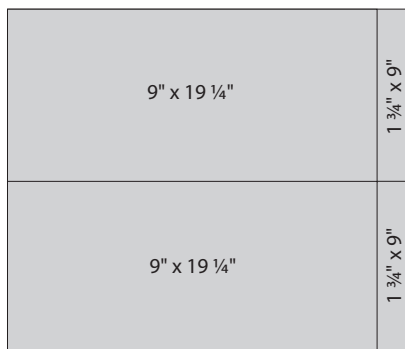
* We used this fabric found at [Walmart](#) ✨:
MD-G-PC731 Cheetah Ginger

Before You Begin

Read all instructions before beginning project. Before cutting, press fabrics with a dry iron on cotton setting. Use a ¼" (6.35mm) seam allowance and sew fabrics with **RIGHT** sides together (RST).

Cutting

Fat quarter: Cut 2 – 9" x 19 ¼" (22.9cm x 48.9cm)
Cut 2 – 1 ¾" x 9" (4.45cm x 22.9cm)



Print fat quarter 18" x 21"
(20.32cm x 30.48cm)

Cut 2 – 9" x 19 ¼" (22.9cm x 48.9cm)
Cut 2 – 1 ¾" x 9" (4.45cm x 22.9cm)

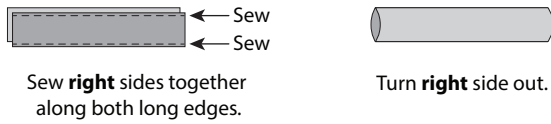
Elastic

Cut 1 – 6" piece (15.24cm)

Sewing

1. To make the covered elastic, place the two 1 ¾" x 9" (4.45cm x 48.9cm) rectangles **right** sides together and sew along both long edges. Turn right side out (Dia. A).

Dia. A



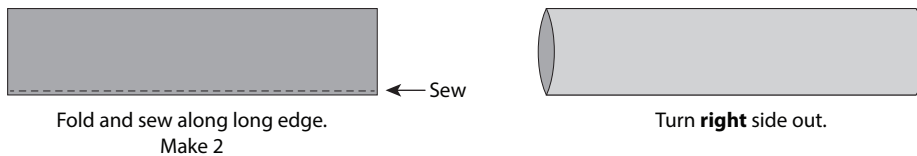
2. Insert the 6" (15.24cm) elastic piece into the 1 ¾" x 9" (4.45cm x 48.9cm) tube and pin the ends together through all layers, with edges even. Sew together close to the edge (Dia. B).

Dia. B



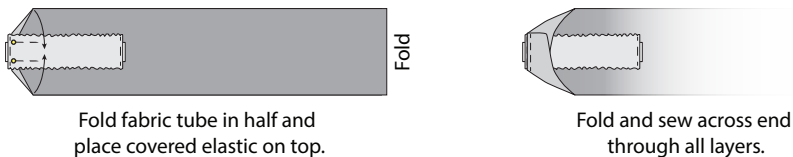
3. Fold the 9" x 19 ¼" (22.9cm x 48.9cm) rectangles in half **right** sides together, matching the long sides and sew close to the long edge. Turn **right** side out to create two tubes; press (Dia. C).

Dia. C



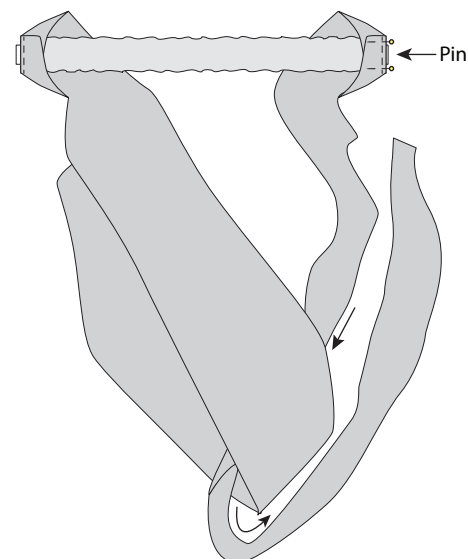
4. Fold one fabric tube in half and center the covered elastic on top, matching the cut edges. Fold the sides over to wrap and enclose the covered elastic. Sew across end through all layers. Secure with another row or two of stitches (Dia. D).

Dia. D



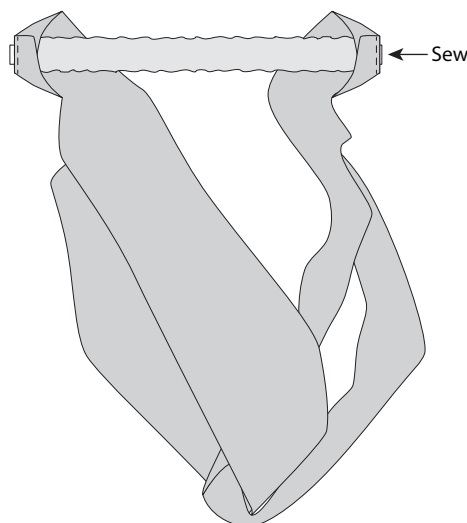
5. To attach the other end, center the covered elastic on the end, fold over, wrap and sew (Dia. E). Then loop the loose end through to form the 'wrap' design, match the ends, wrap and sew (Dia. F).

Dia. E



Repeat with other end.
Loop loose end through and pin in place.

Dia. F

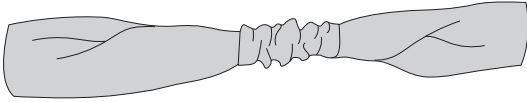


Loop loose end through, match ends and sew.

Finishing

6. Unfold the wrap ends, check size and stitching. Re-sew if needed through the elastic to secure (Dia. G).

Dia. F



Unfold wrapped ends.

Finished Care Instructions

Hand wash as needed.