

## ADULT CUDDLE STRIP QUILT



60" x 72"

*Kit includes:*

- (17) 5" strips of *Cuddle fabric*

*You will need to buy:*

- 2 yd. batting
- 2 1/2 yd. *Cuddle fabric* for backing & binding
- One can of Spray Adhesive

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### *Instructions:*

This quilt is sewn with the "sew and flip" method. This means each strip is sewn onto the foundation of the quilt, sewing through the strip, batting and back all in one step, then flipping it over and sewing on the next strip. When you are finished sewing the strips onto the foundation the quilt is ready to bind. The most important keys to making this quilt work is the spray adhesive and a walking foot.

Lay the batting onto a table or floor. Place the backing fabric centered exactly on top of the batting, right side up, making sure it is square. Fold the backing fabric back half way. Spray a section of the batting. Lay the back fabric down as if applying contact paper. Fold the fabric down in place and work it with your hands so there are no wrinkles. If needed, pull the back off and reposition it. Repeat the second side. Trim off any extra batting so the edges are even. Be sure all of the edges are well fused. Fold the backing/batting piece in half vertically. Mark and measure a line on the batting across the center of the quilt. This is where you will begin sewing your strips.

Arrange your strips in the color order you like. Take the center strip and center it on the line you just made. Using your spray adhesive, secure that strip to the batting. Take another strip and pin it on top of the first strip, right sides together. Using a 3/8"-1/2" seam allowance sew the first set of strips, one on each side of the center strip. It is easier to work with two strips at a time and sew one strip on each side of the strip set each trip to the sewing machine. After sewing one strip on each side, spread the quilt out on the floor and carefully spray under the last sewn strip to stabilize it. Smooth out any wrinkles. This makes sewing the next strip on much easier. Fuse down your last sew strips and trim. Bind using a 2" strip of the *Cuddle fabric*. Finish using a top or serpentine stitch.

You can refer to [whencreativityknocks.com](http://whencreativityknocks.com) to find the shannon fabrics how to videos, click on the Episode Library tab and find the cuddle row by row quilt video.

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