



So Sew Easy

Wrap Dress

The latest free sewing pattern from So Sew Easy is this cute wrap dress pattern. The front has a cross-over bodice with pleats, there's a straight skirt and an optional elastic waist, with a matching tie belt. Only the bodice wraps over leaving you safe from embarrassing wardrobe malfunction that can happen with wrap skirts.

Suitable for knit fabrics only.

These instructions can also be found on So Sew Easy with larger photos – [click here](#).



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

Features:

- Cross-over bodice
- Optional tie belt
- Waist seam with optional elastic waist
- Pleats on front bodice
- Separate sleeves
- Straight skirt
- Multi-sizes pattern from small to extra large

To print your PDF pattern

Your pattern and instructions come as one file to make printing easy. Please make sure you are using the latest version of Adobe for best results. You can [download the latest version here](#) if you need to.

Open the PDF file in Adobe Reader. Select File → Print and the print dialogue box opens. Under Page Sizing and Handling, select SIZE, then select ACTUAL SIZE. Orientation for the pattern pieces is PORTRAIT.

You can print the lot including the pattern and instructions, or if you want, just print the pattern pieces (at the end of these instructions).

On the top edge of the first pattern sheet is a test square. This box should measure 2 inches square. If yours is wildly different you will need to check your printer options to make sure the pages are not being resized. Some computer users have reported minor scaling issues printing PDF patterns using Windows 8.

Match up the pattern pieces, folding under or cutting off any overlaps, and tape together.



Skill level – Beginner

This is a simple pattern using simple turn and stitch techniques. Some experience of sewing with knit fabrics would be useful. If you want to learn more about great techniques for sewing with knit fabrics, read the [So Sew Easy review](#) of the online Sewing with Knits Class.

So Sew Easy readers get an exclusive [25% off the Sewing with Knits Class](#).

Please read through all of these instructions before starting your project and cutting your fabric.



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

Useful tutorials

You can find a range of useful sewing tutorials and videos at [So Sew Easy – tutorials page](#).

What size do I need?

The dress is made from a stretchy knit fabric and is intended to be a comfortable fit on the body with ease in both the bodice and skirt. Fitting ease is also included in the pattern so you can adjust and take in for your own personal measurements.

The amount of stretch and drape in the fabric will alter the fit and feel of the dress so use this table as a guide only.

	Bust	Waist	Hips
Small	32-34	25-28	34-36
Medium	36-38	29-32	38-40
Large	40-42	33-36	42-44
Extra Large	44+	37+	46+

Always test the fit using the paper pattern pieces, or an inexpensive test fabric before cutting your expensive fabric for this dress. If in doubt test the larger size and adjust for fitting at the seams during construction. You may also mix and match sizes, up or down one size, so you may cut a medium bodice and sleeves with a large skirt and ease to fit at the waist seem.

Materials needed

Fabric – see recommendations below

Matching thread

Stretch or ball point needle for knit fabrics

1 foot of narrow elastic

Useful – serger or [Overcasting foot](#)

Optional – Stretch Twin Needle

Optional – clear elastic or tape for shoulder seams

Fabric requirements

Knit fabrics with moderate stretch, that allow you to take a close-fitting dress on and off. Solid colors look good, as do random small or large patterns. A thin lightweight fabric will drape and swish nicer than something heavy or thick.

Layout– depending on width of fabric used, expect to need around 2 yards of knit fabric.

More fabric may be required for stripes, large prints and pattern matching.

Directions

Seam allowances –5/8th inch or 1.5 throughout unless mentioned



Abbreviations used – RST – right sides together.

Stitches to use – if using a regular sewing machine, you may have a stretch stitch – refer to your sewing machine manual.

If not, then you can use a narrow zig-zag stitch – try a stitch length of 2.5 and a width of 1.0. Always test your stitches on a scrap of fabric before starting your project and test for stretch.

You may finish your seams with an overcasting stitch or a zig-zag stitch. Most knit fabrics do not fray so you may also choose to leave the inside edges unfinished.

Always stop your stitching coming undone at each end of your seam by backstitching 2 or 3 stitches.

Neaten your seams – serge/overlock your seams, or finish with your favourite method. You may choose to leave the seams unfinished if your fabric doesn't fray, or simply trim to ¼ inch and overcast. Trim, neaten and finish seams as you go.



Let's start to sew !

Print and assemble your pattern. Check the size of the test square – see above.

Use your pattern piece to cut your fabric. Remember to cut on the fold where indicated.



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Start with the right hand front bodice piece and using a [disappearing fabric marker](#), draw lines from the inward and outward points of the zig-zags at the side seam, following the length shown on the pattern, making all lines finish evenly.



Pleat those lines together, matching the lines carefully and evenly and pin in place. You should make 4 pleats.



Sew along the lines marked.



Press pleats downwards. Don't worry if they are a bit uneven (like mine), it will look just fine.



On the left front bodice piece, mark the pleat on the wrong side, pin and then sew.



Press the pleat.



With right sides together, match shoulder seams, pin and sew. You may choose to stabilise with a stay tape such as Stitch Witchery at the shoulder seam (optional). Press shoulder seams open.



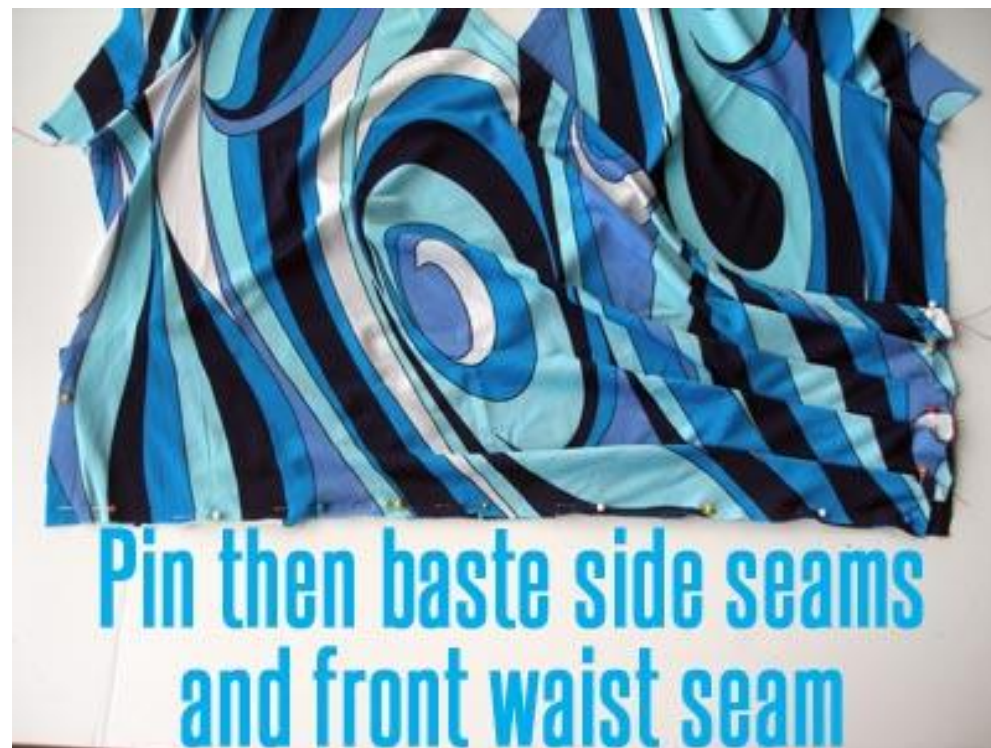
Iron on stay tape to the whole front cross-over edge on both bodice pieces and along the back neckline.



Turn over a 5/8 inch hem along the whole edge and top stitch.



Cross over front bodice pieces with the right hand piece on top, showing the 4 pleats. Match up the center front, then pin and baste into place close to the edge, along both of the side seams and the waist seam.



Optional – add a stay tape to the bottom edge of the sleeves.



Pin the sleeves to the bodice, matching the sleeve center with the shoulder seam and ease the sleeves to fit the opening. Sew. Trim seam and finish edges (optional.)



Pin side seams and sleeve seam. Try on to check fit. Adjust as necessary.



Sew side seams and close underside of sleeves all in one seam.

Optional – trim seams and finish edges.



With right sides facing, pin skirt side seams. Try on for fit, adjust as necessary and sew side seams.

Pin skirt side seams and fit



With right sides facing, match bodice with skirt at waist seam. Match center front and center back of bodice with center of skirt pieces and match side seams. Pin in place, then try for fit and adjust if necessary.

Pin the bodice to the skirt



Sew waist seam with 5/8th inch seam allowance. You may either leave as is and trim and finish the seams, or add an optional elastic waist.

To add elastic waist, make a casing by closing edges of waist seam without trimming, using an [overcasting foot](#) and stitch, or by sewing close to the edge. Leave an inch open and thread through a [narrow 3/8th inch elastic](#).



Create a casing and leave open

Adjust to fit waist comfortably then stitch elastic ends together with a zig-zag stitch and close casing.

Try on and check skirt length. Optional – iron your knit stay tape all along the bottom hemline of the skirt for a crisp wrinkle-free finish.

Turn up skirt hemline and finish. I prefer a twin needle finish, but you can finish with a narrow zig-zag if you like.



Finish the hemline with a twin needle

Turn up hem on sleeves and finish with twin needle or using your preferred method.



Cut 6 inch wide length of fabric for tie belt. Test to check what length works best for you. With right sides together, sew close to the edge with a narrow zig-zag stitch along the whole length and to close one end, either square or to a point. Turn tube the right sides out, turn under a small hem on the open end and finish either by hand or with a machine top stitch.



You may also like the belt made from a contrasting fabric or use an existing belt. The dress can also be worn without a belt if you prefer.

Thank you for downloading this Wrap Dress pattern and tutorial. I hope you enjoyed making this project and remember that I love to share your creations at So Sew Easy so drop me an email with a photo at

deby@so-sew-easy.com

or upload your completed projects to the pattern page on Craftsy.

You might enjoy my other tutorials and sewing patterns at So Sew Easy, including:

Wrap Dress	Gathered Summer Skirt	Sew A Skirt beginner tutorial series
Twist Front Top	Two Become One Dress	Double Layer Chiffon/Lace Blouse
Easy Summer Dress	Nautical Mug Rug	30 Minutes Easy Skirt
Summer Drape Top	Teeny Tiny Zipper Pouch	Cheeky Panties
Custom Fit Skirt	Long arm oven mitts	Custom fit leggings
Boxy Bag	Sew Simple Leggings	Little Black Party Dress
Easy Cosmetics Bag	Easy Breezy Blouse	On a Roll T-shirt
Super Simple Wallet	Padded bottle bag	Slouchy Sweater
Classic Straight leg knit pants	Cool It Can Cozy	Gathered front top

Make it Yours Clutch Bag	Spring Mug Rug	Waterfall top
Reversible Apron	Flirty Skirty	Carry All Bag
Cowl Neck Top	Expanding Nautical Tote Bag	Wear Everywhere Dress
Fab Felt Christmas Tree	Sew Simple Leggings	

For the latest list of patterns available, pop on over to my [designer page at Craftsy](#).

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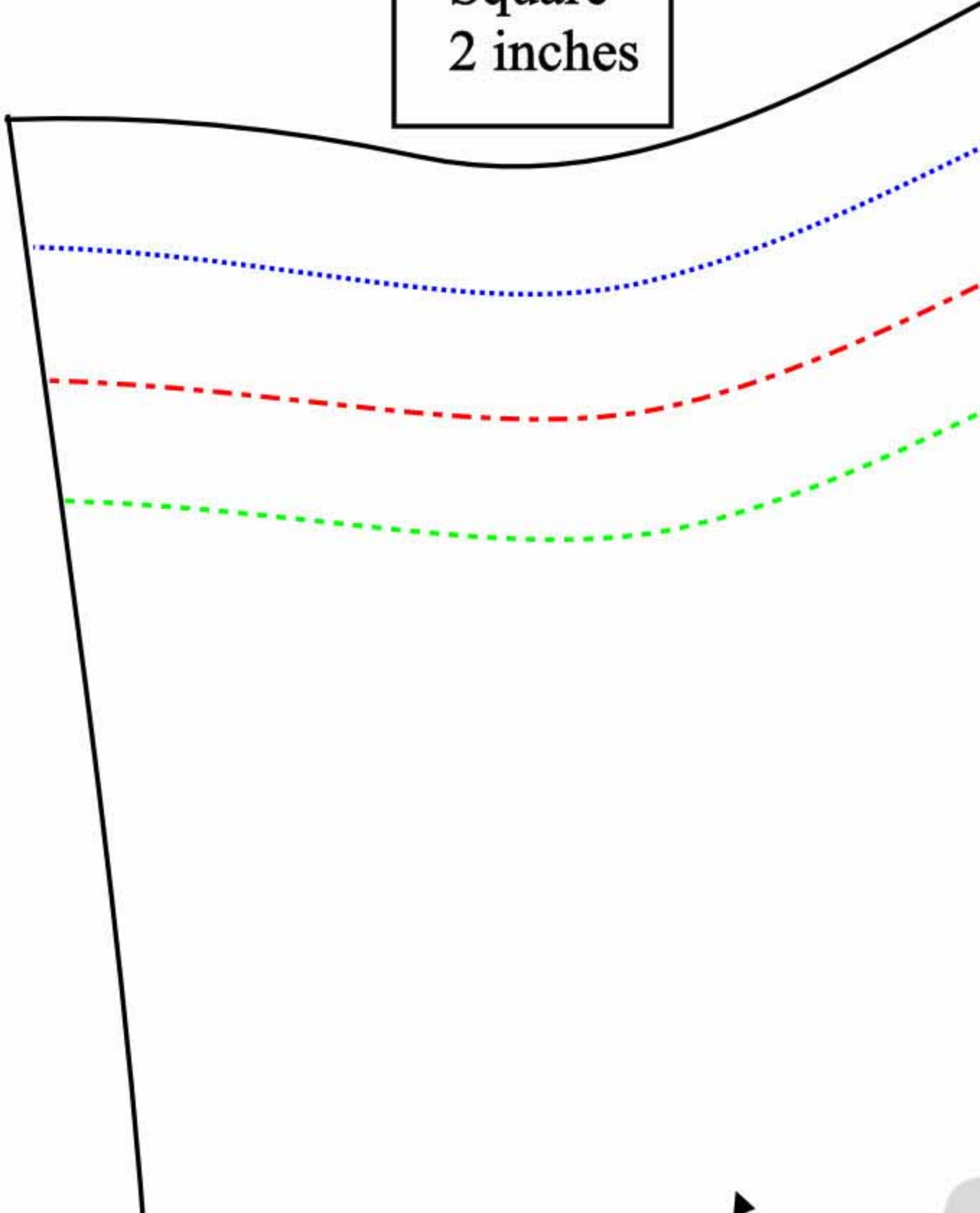
Usage – you ARE allowed to use this pattern to make things to sell on a small handmade basis, such as for craft fairs and for your Etsy shop. However it may not be used for larger scale commercial purposes without a commercial licence.

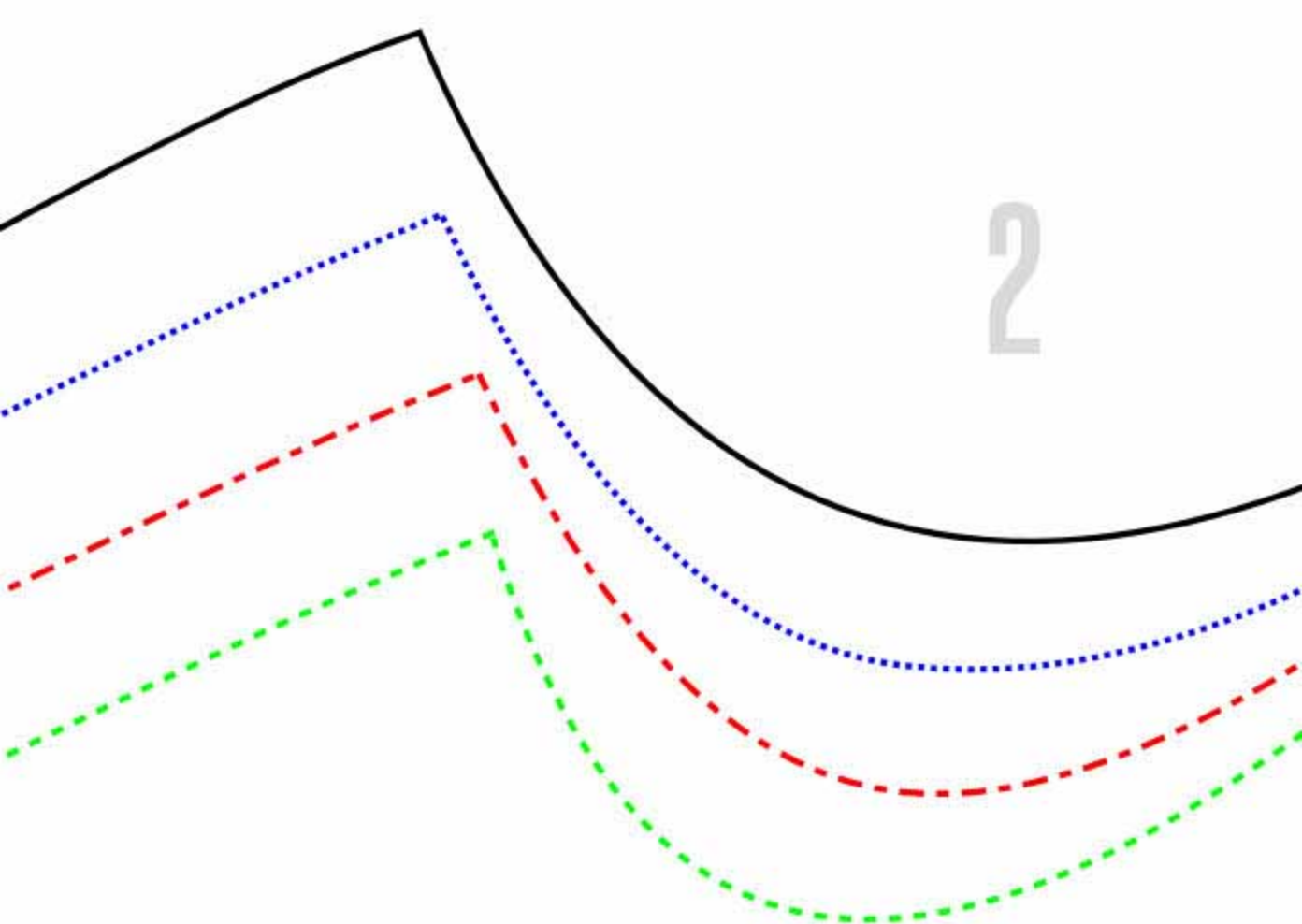
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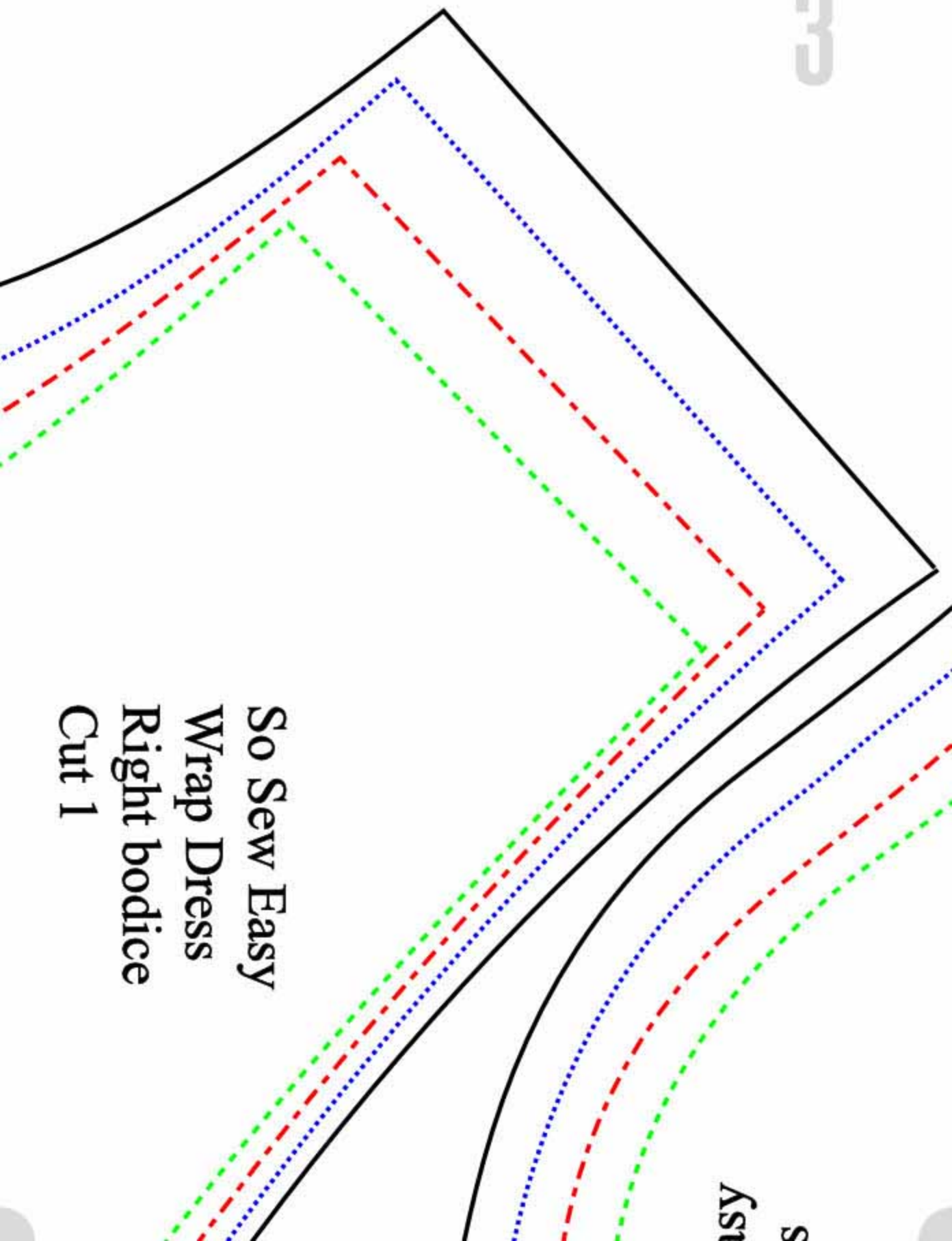
Test
Square
2 inches

1



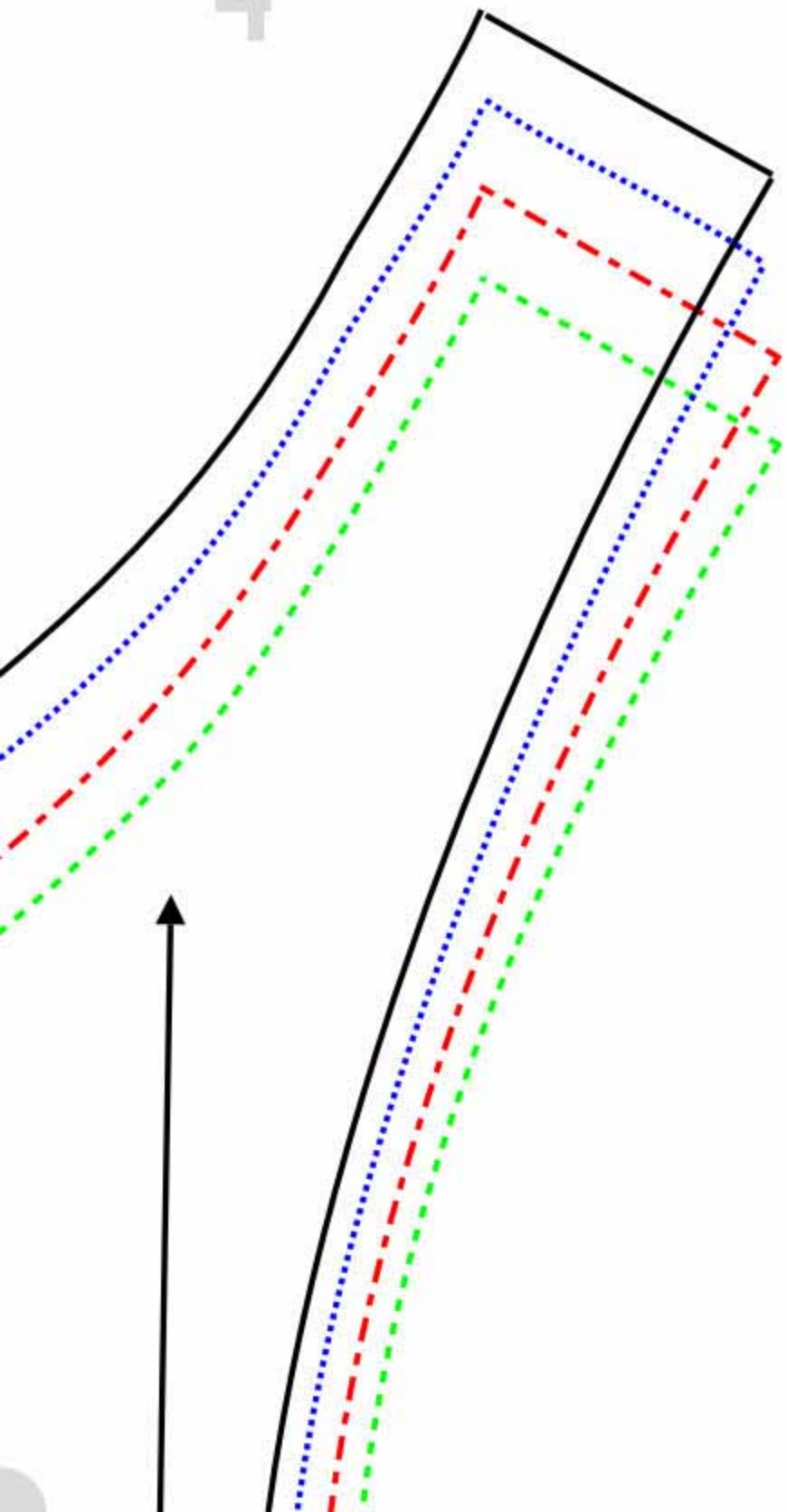


Grain line



So Sew Easy
Wrap Dress
Right bodice
Cut 1

4

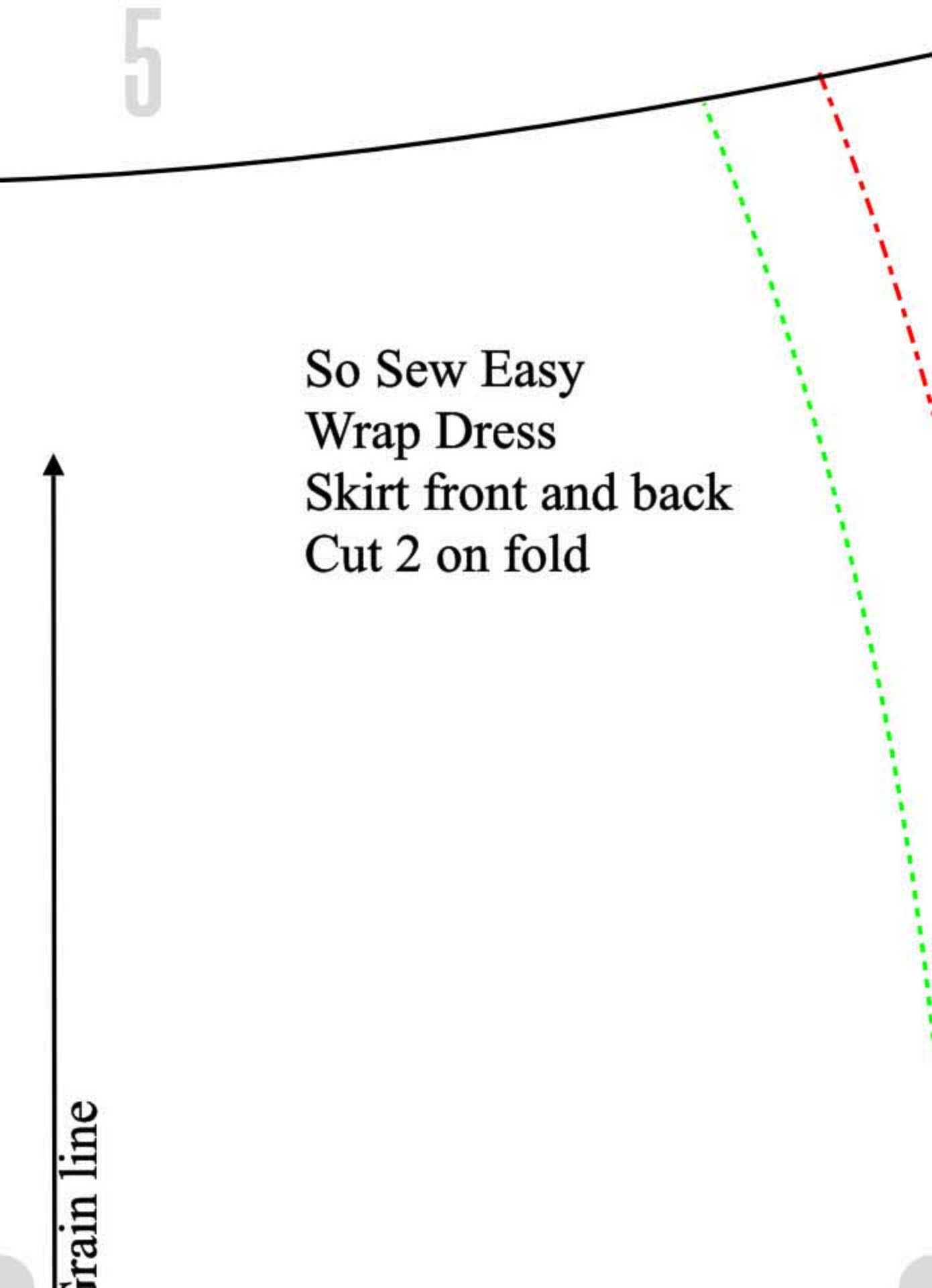


Cut on fold

5

So Sew Easy
Wrap Dress
Skirt front and back
Cut 2 on fold

Grain line



Size Chart

Small



Medium



Large



Extra large



So Sew Easy
Wrap Dress

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8

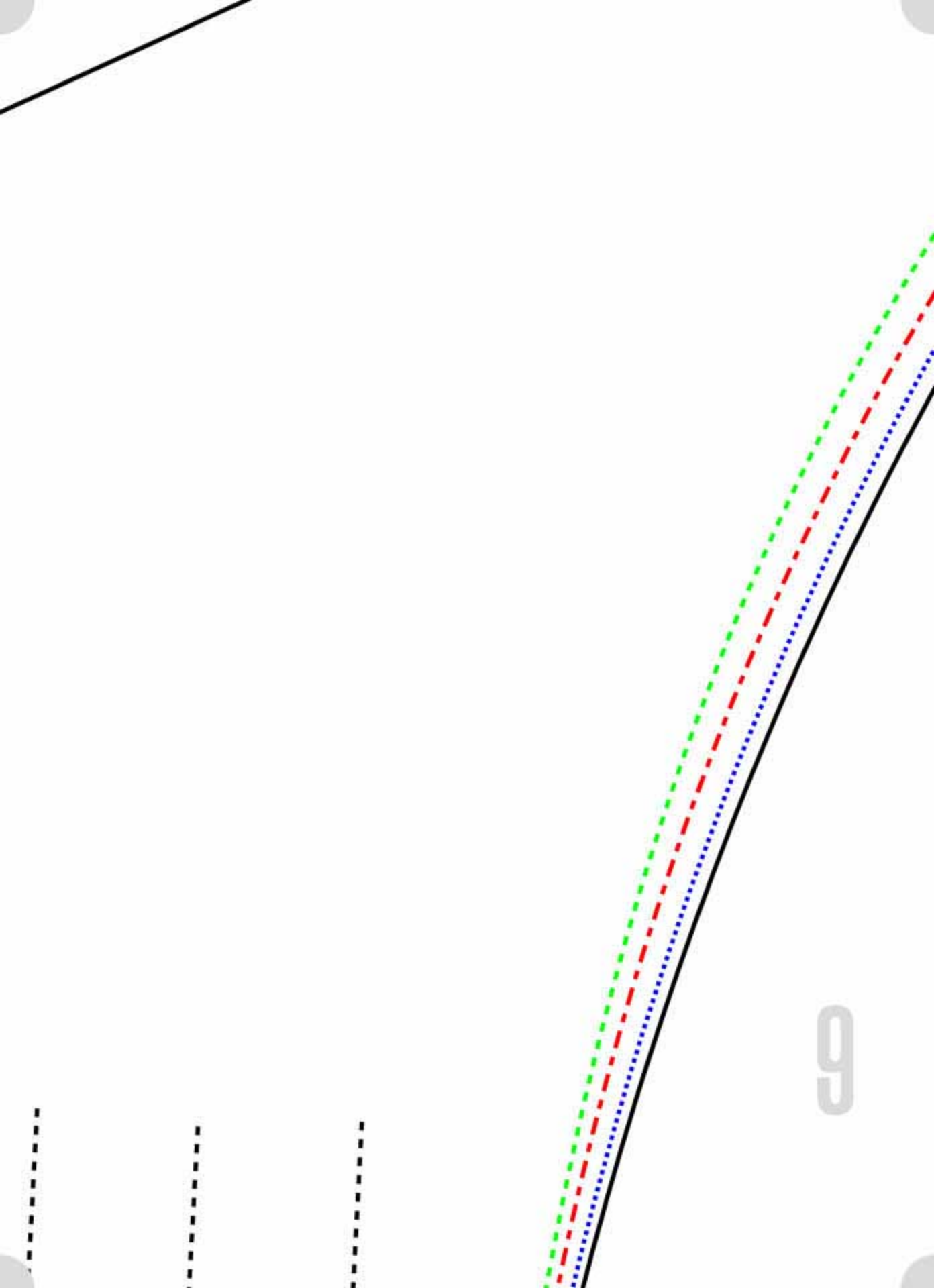


Center front



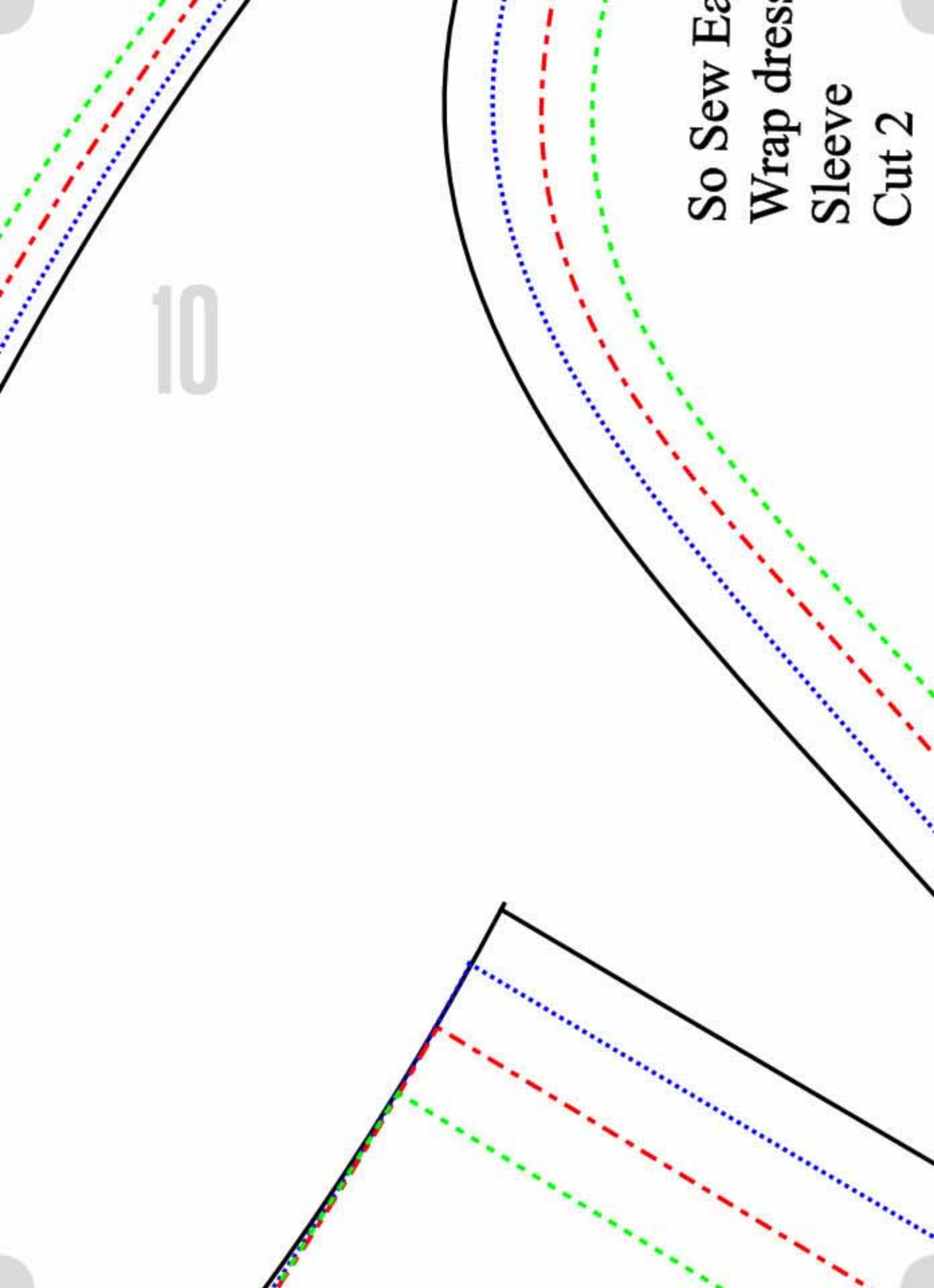
Stretch

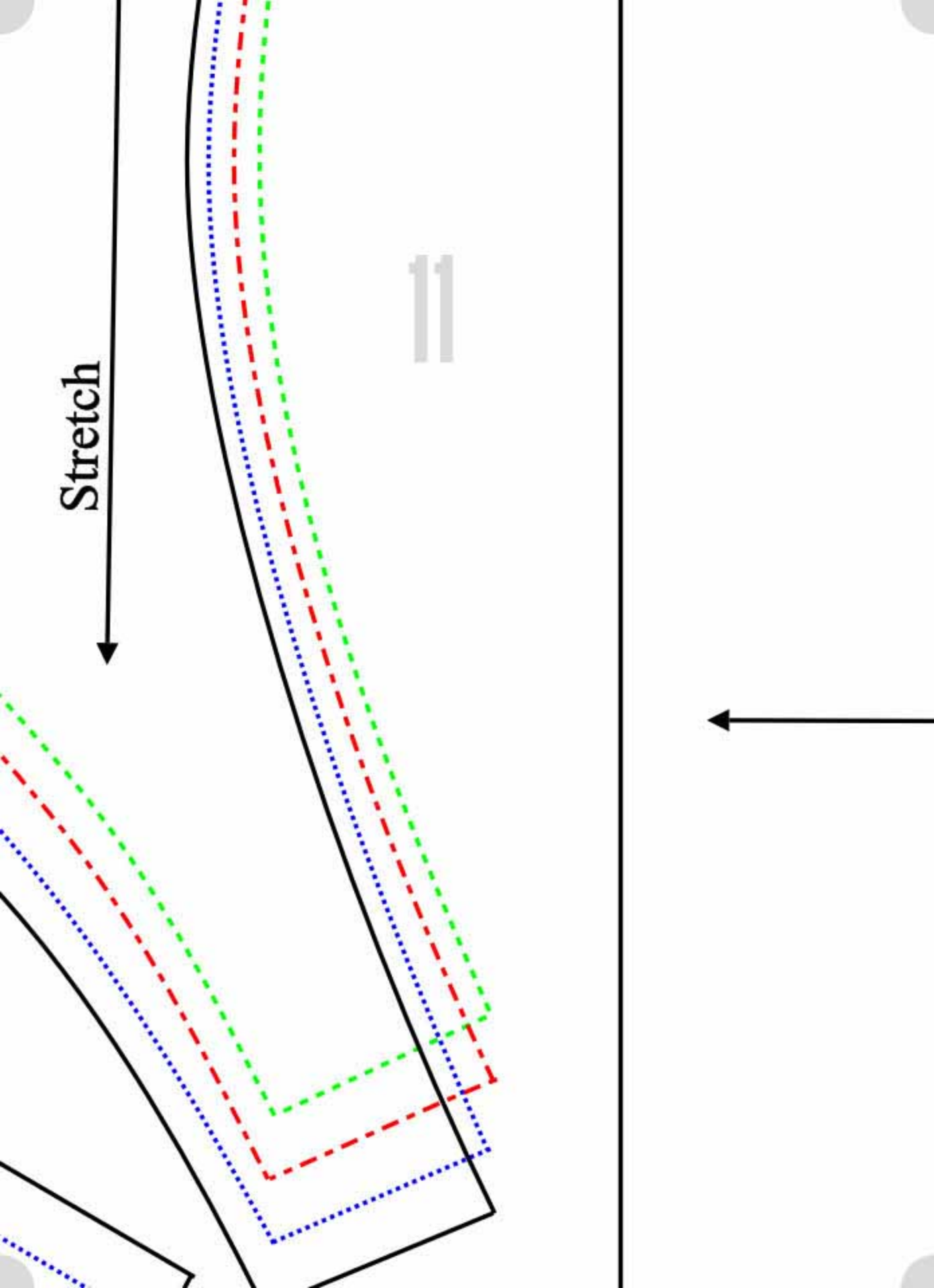




10

So Sew Easy
Wrap dress
Sleeve
Cut 2

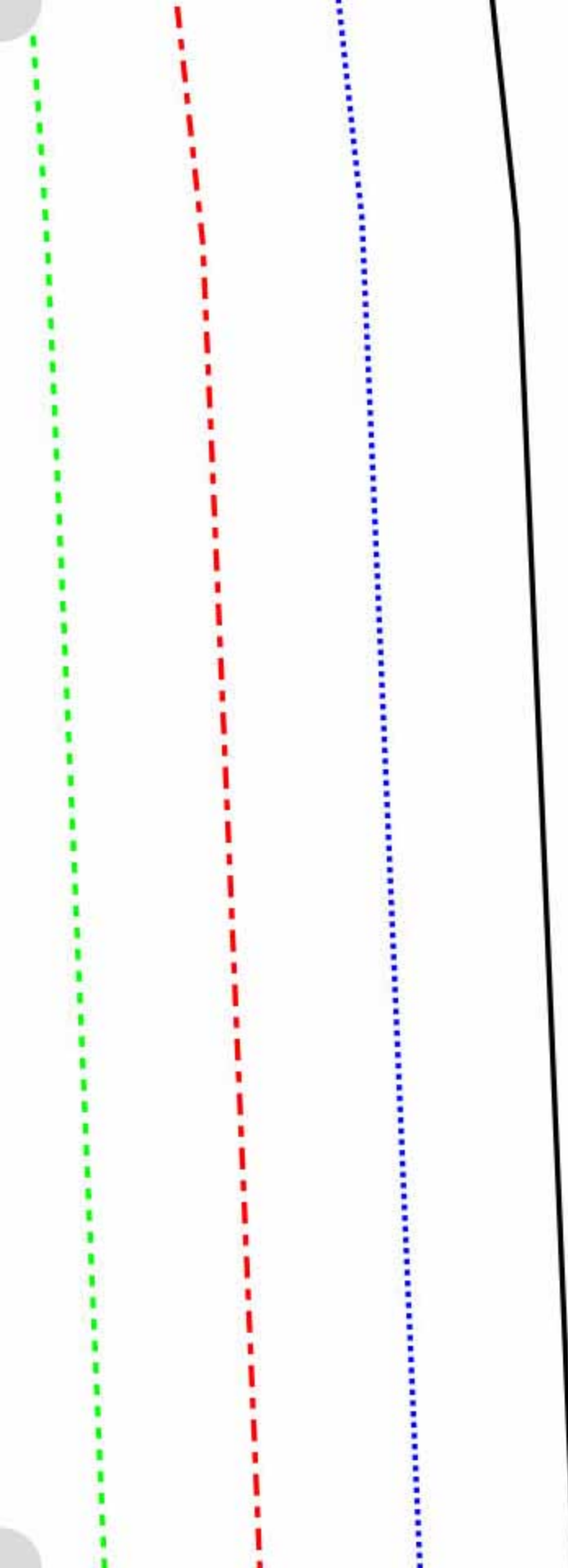


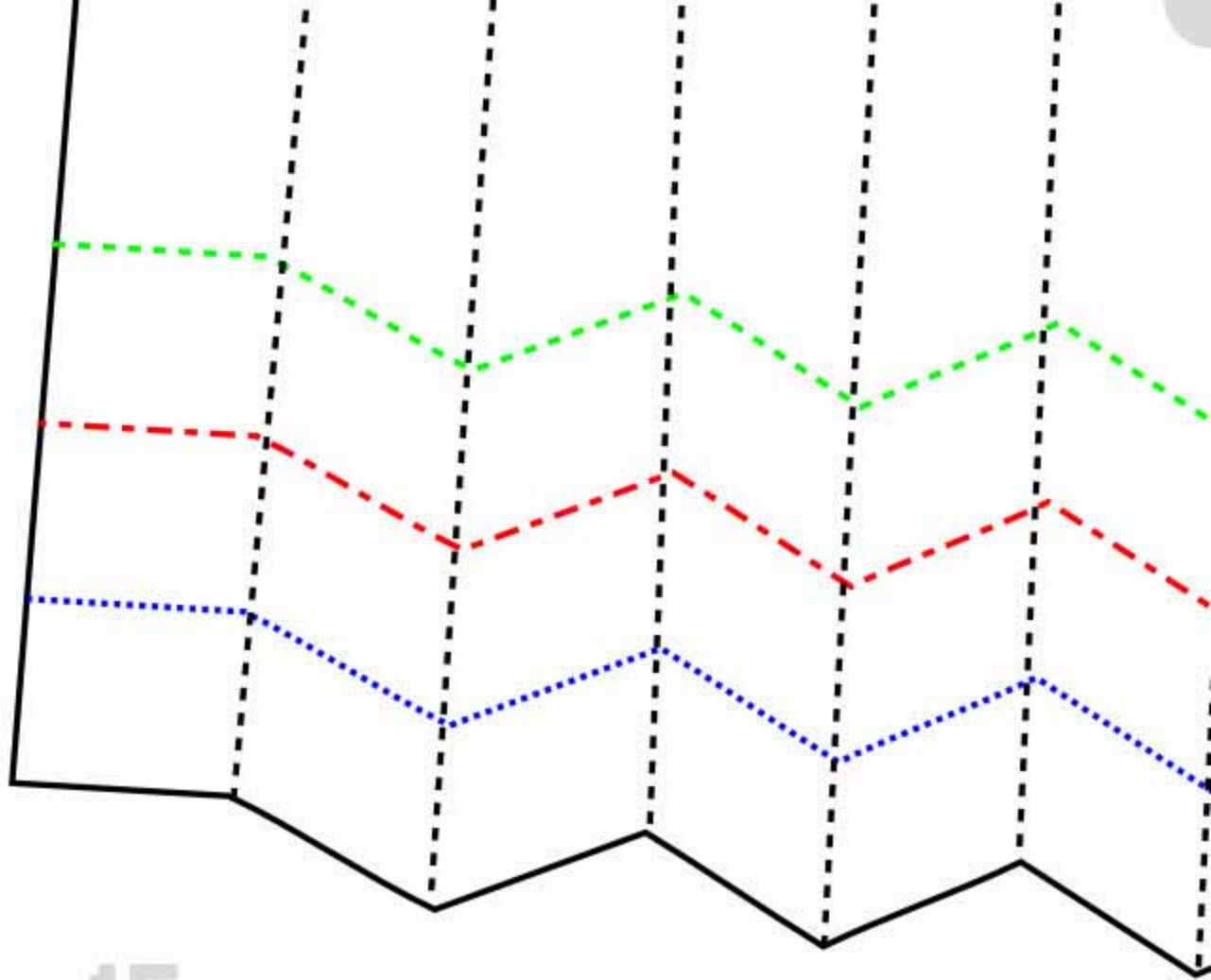


12

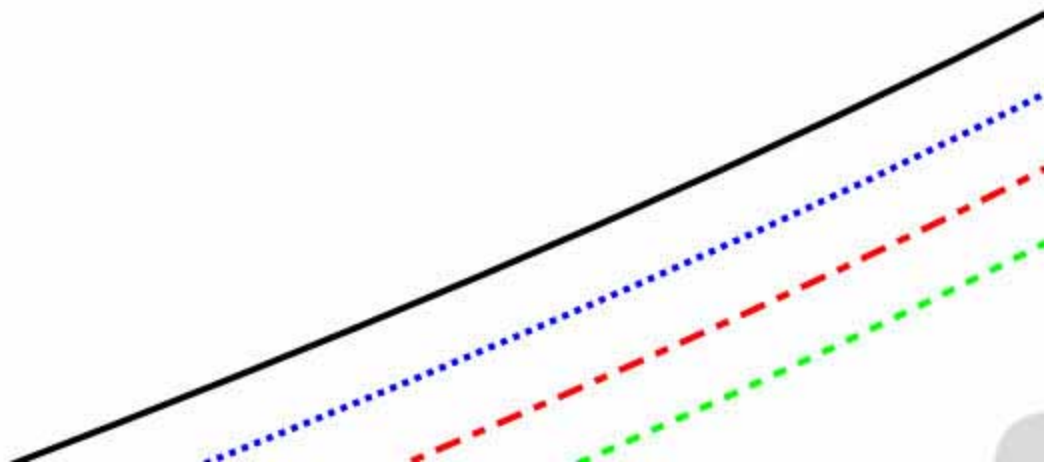
Stretch





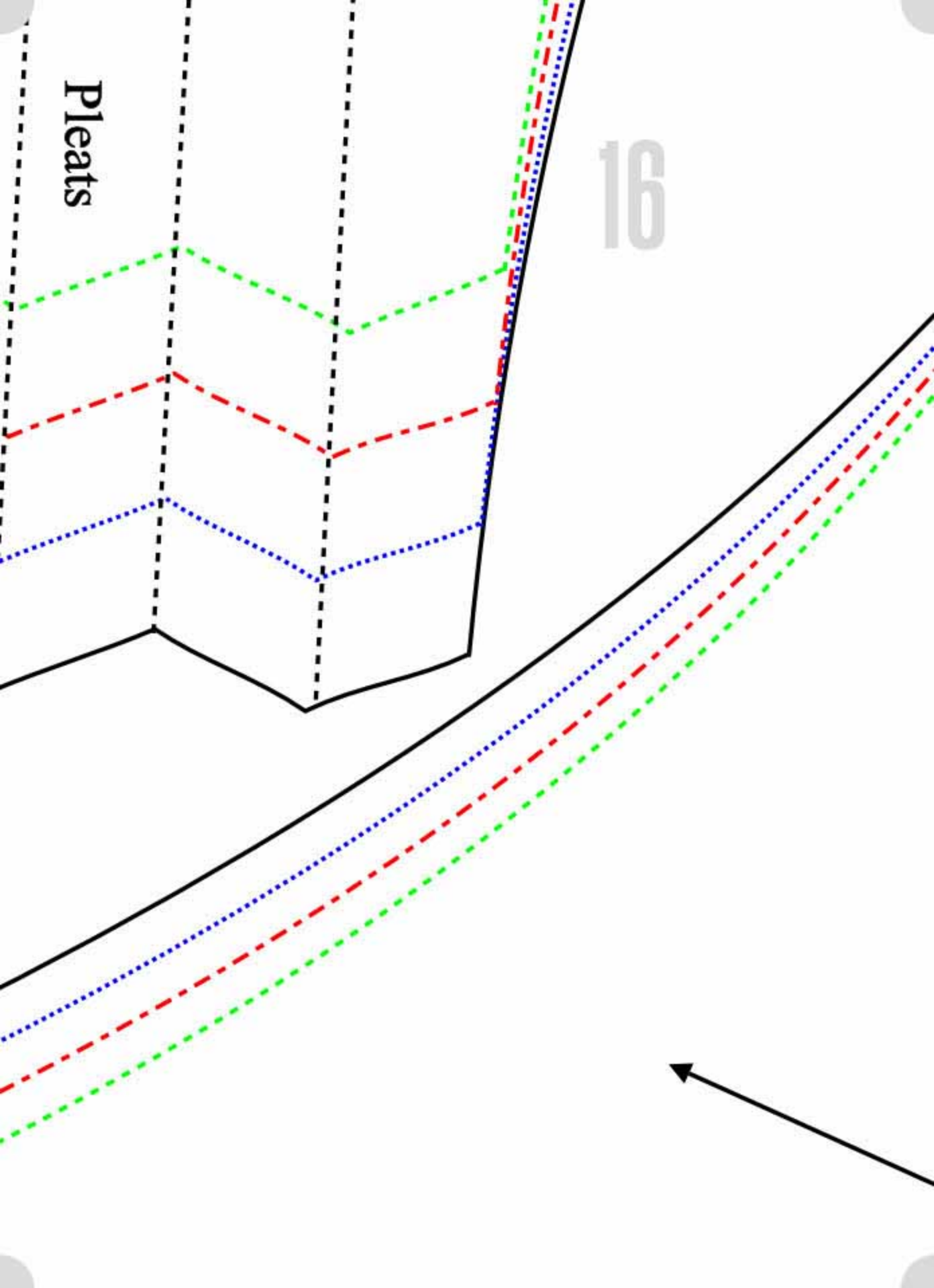


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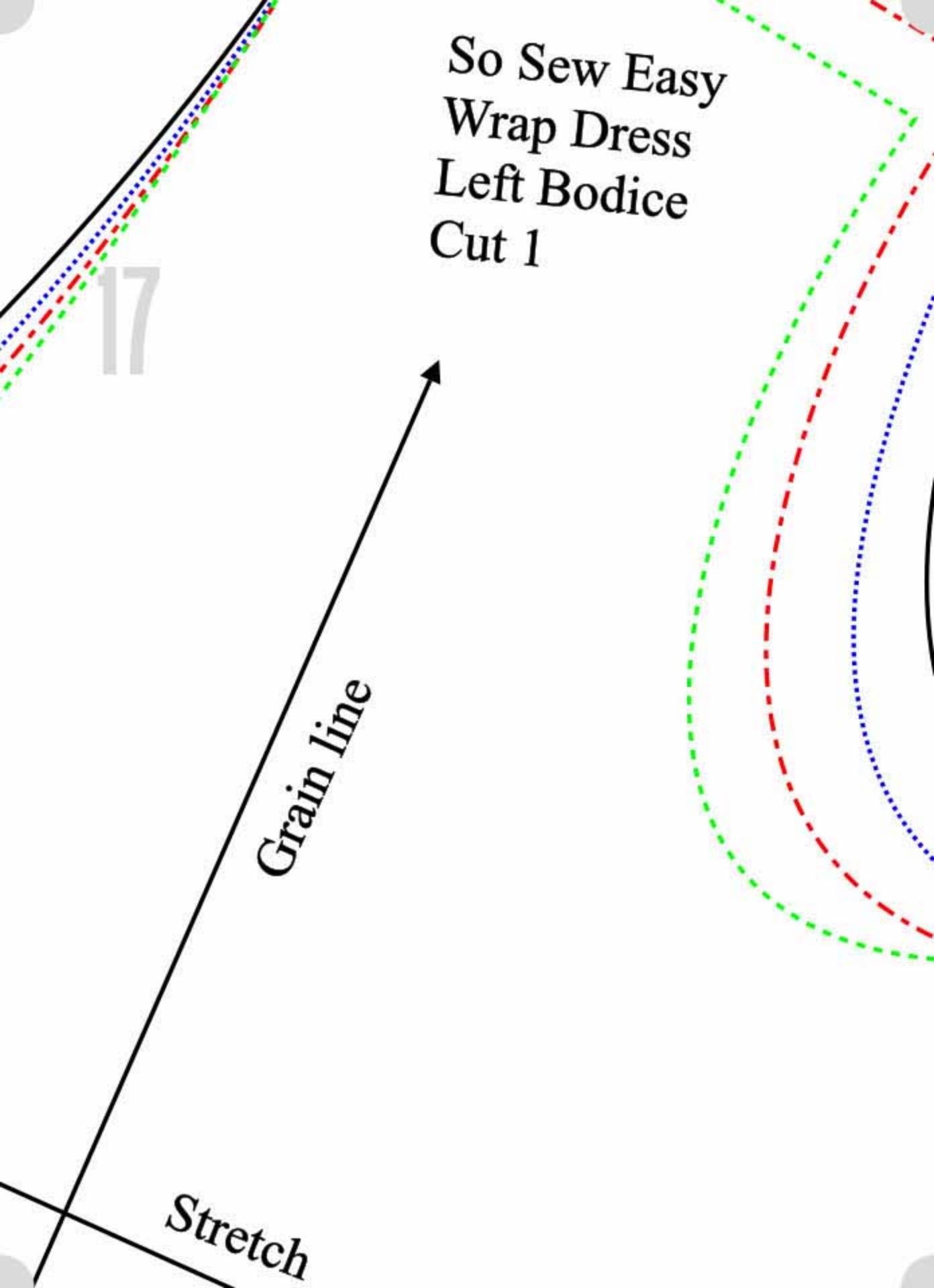
Pleats

16



So Sew Easy
Wrap Dress
Left Bodice
Cut 1

Grain line



The diagram shows a pattern piece for a bodice. A solid black line, labeled 'Grain line', runs diagonally from the bottom left towards the top right. A dashed green line, labeled 'Stretch', runs diagonally from the top left towards the bottom right, perpendicular to the grain line. The pattern piece is outlined with a solid black line, and there are dashed green, red, and blue lines indicating different seam allowances or design variations. The text 'So Sew Easy Wrap Dress Left Bodice Cut 1' is at the top right. A large grey number '17' is on the left side.

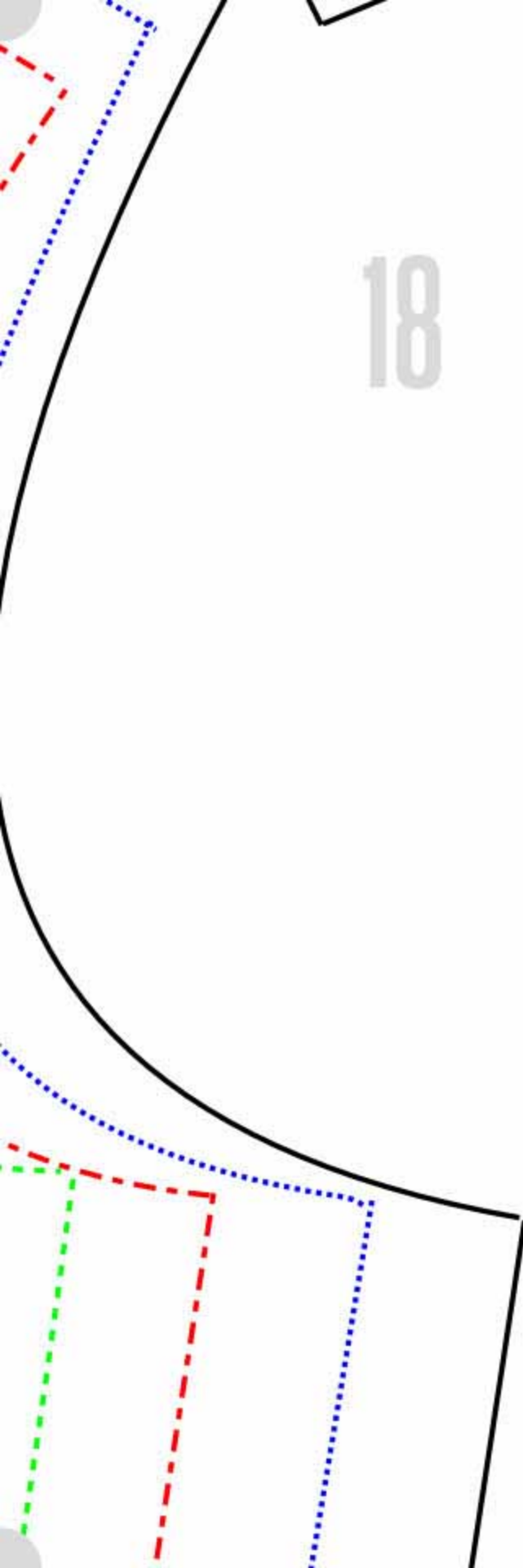
Stretch

Cut on fold

Cut on fold



18

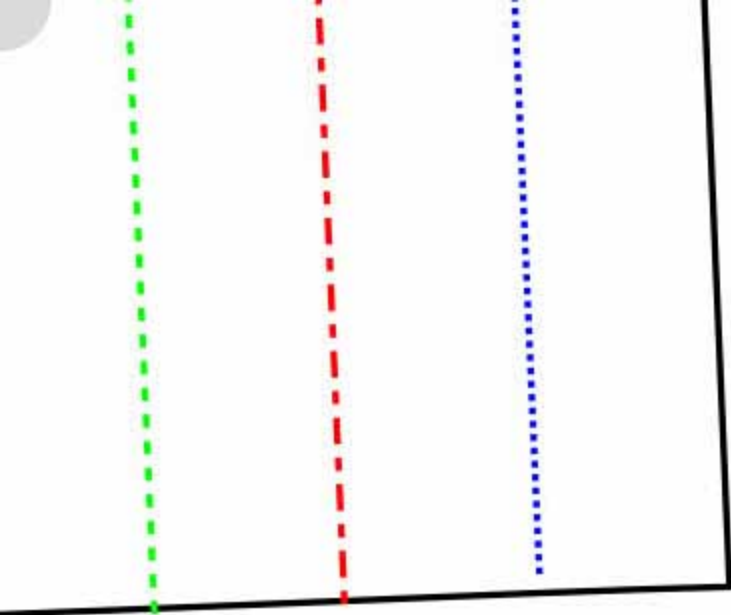


19

old

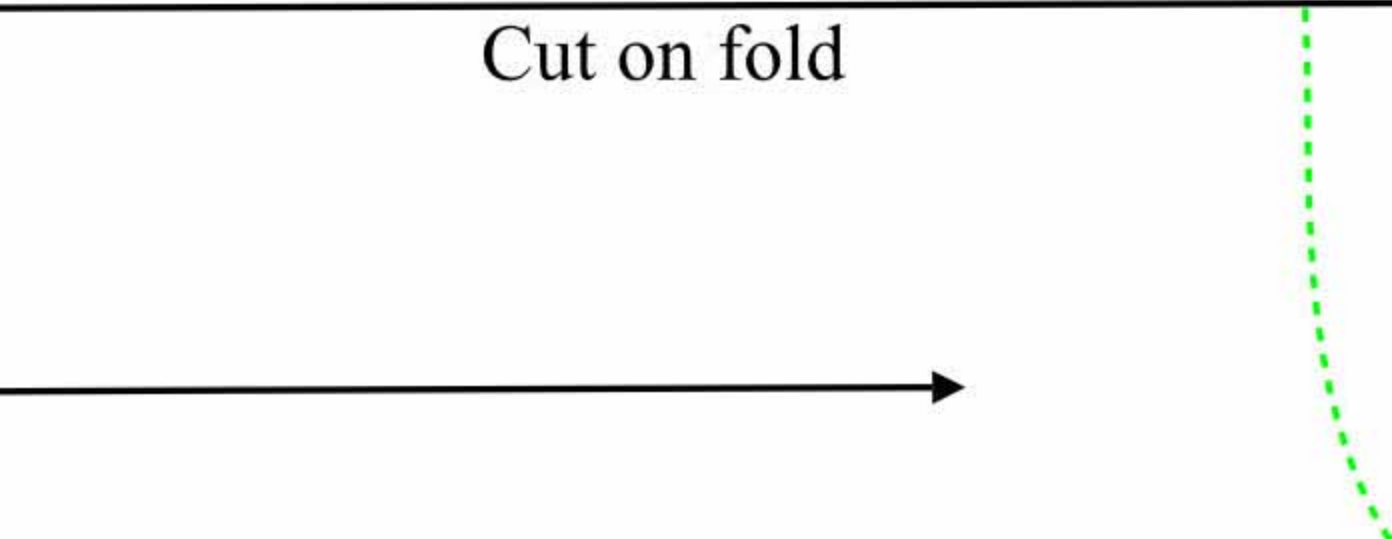
Grain line

Stretch



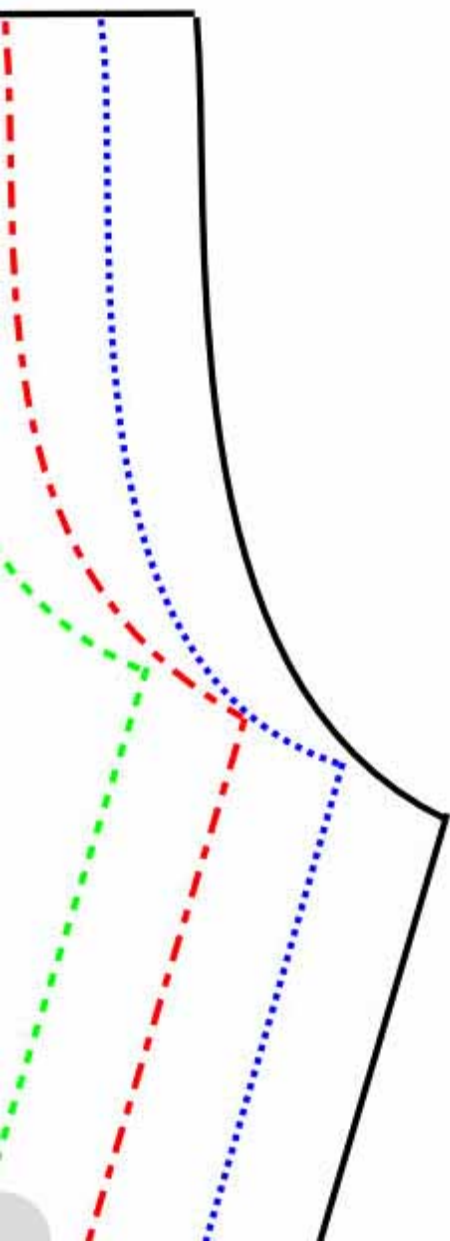
The diagram shows a rectangular pattern piece with a solid black line on the left and top edges. A vertical blue dotted line is positioned near the left edge. A vertical red dashed line is positioned to the right of the blue line. A vertical green dashed line is positioned to the right of the red line. The text 'Cut on fold' is written below the pattern piece.

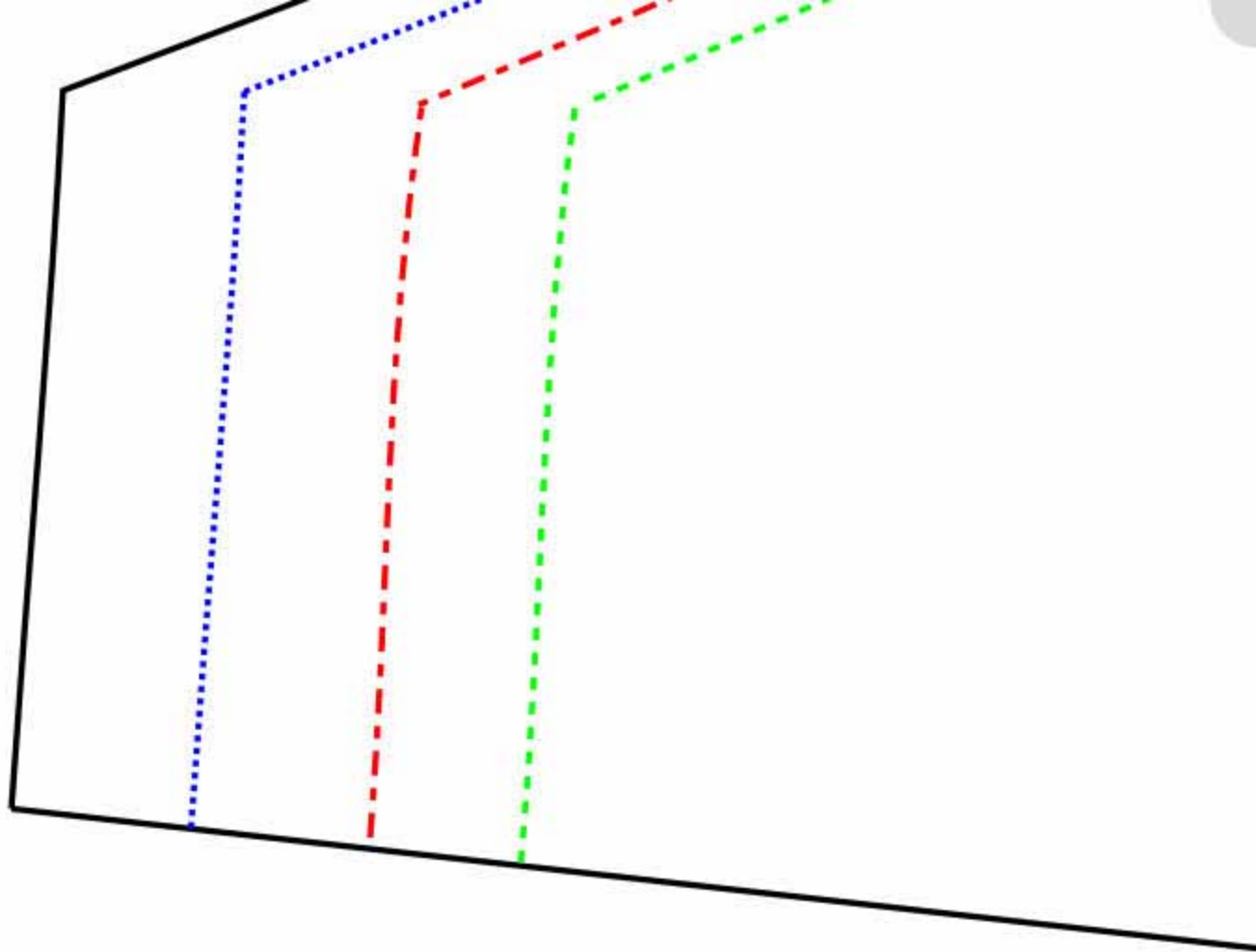
Cut on fold

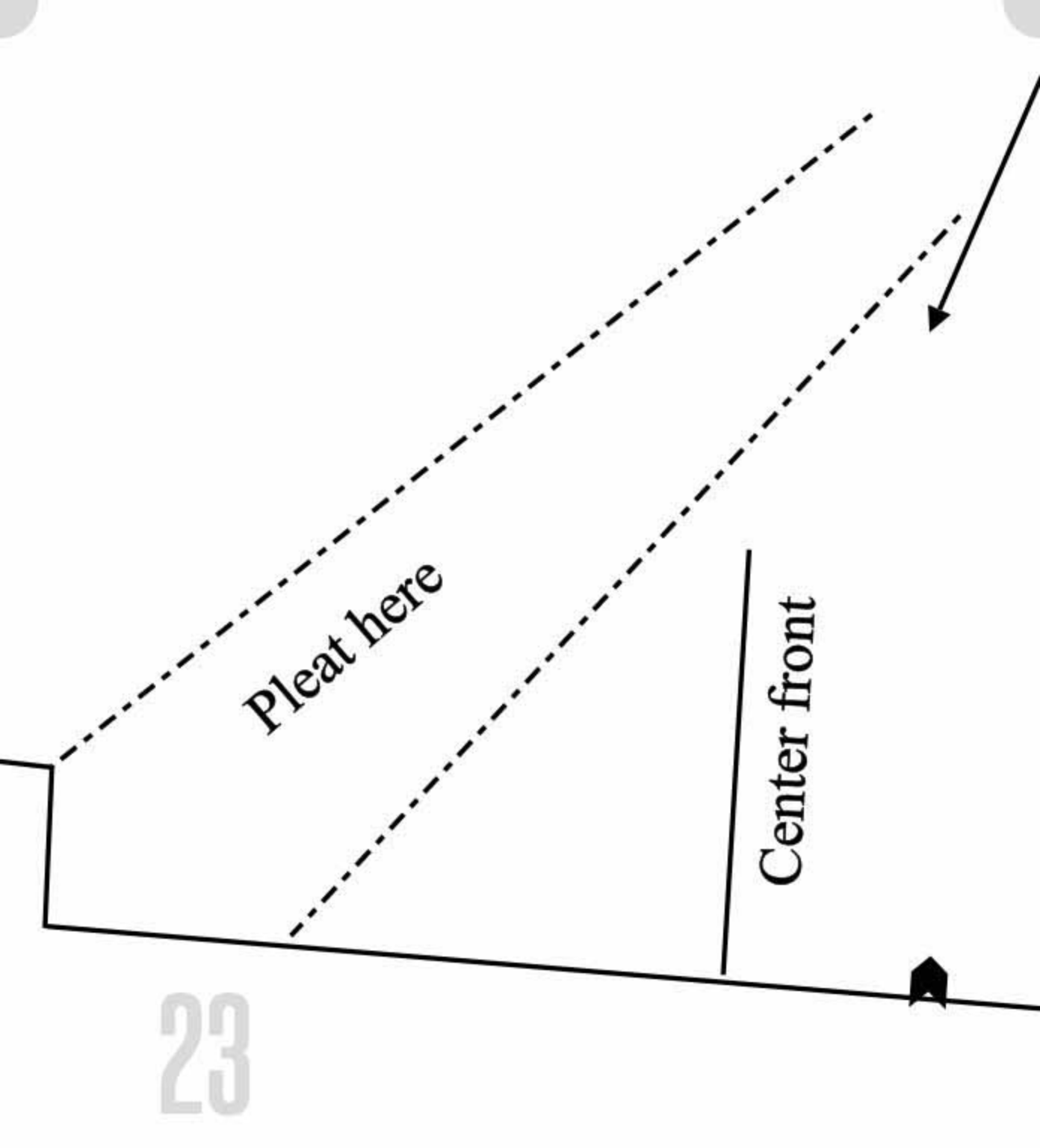


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So Sew Easy
Wrap Dress
Back bodice
Cut 1 on fold

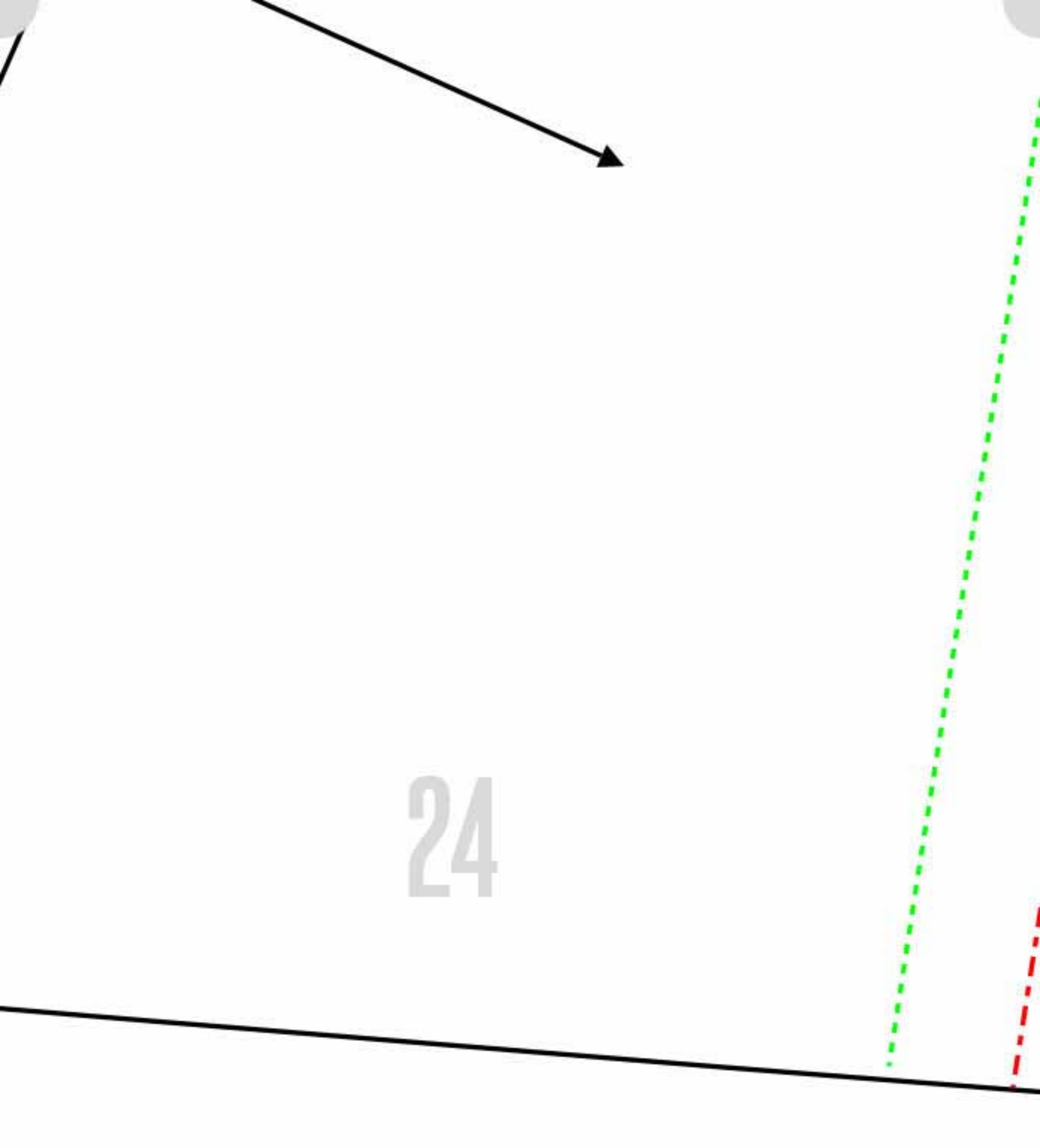




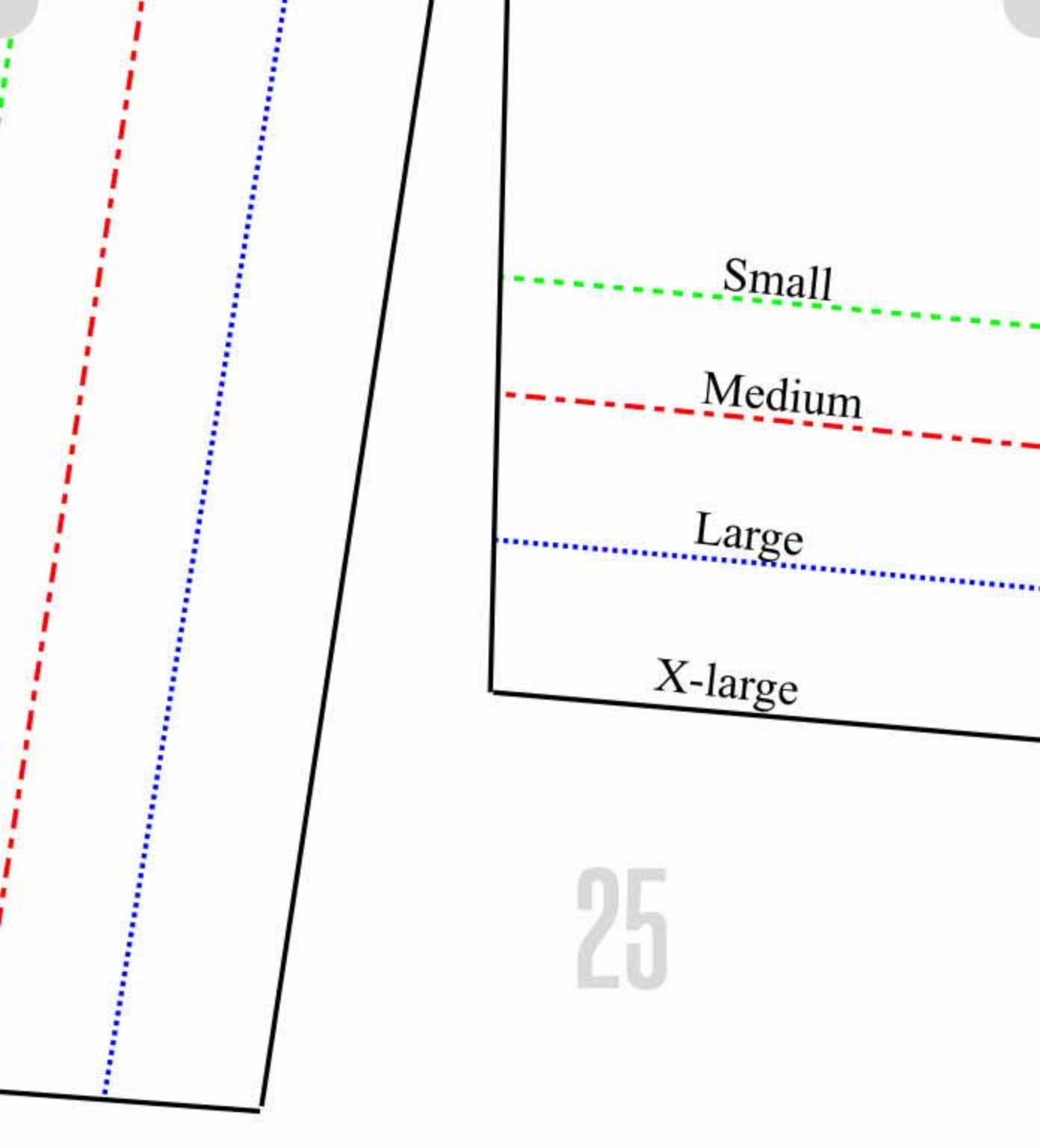


Pleat here

Center front



24



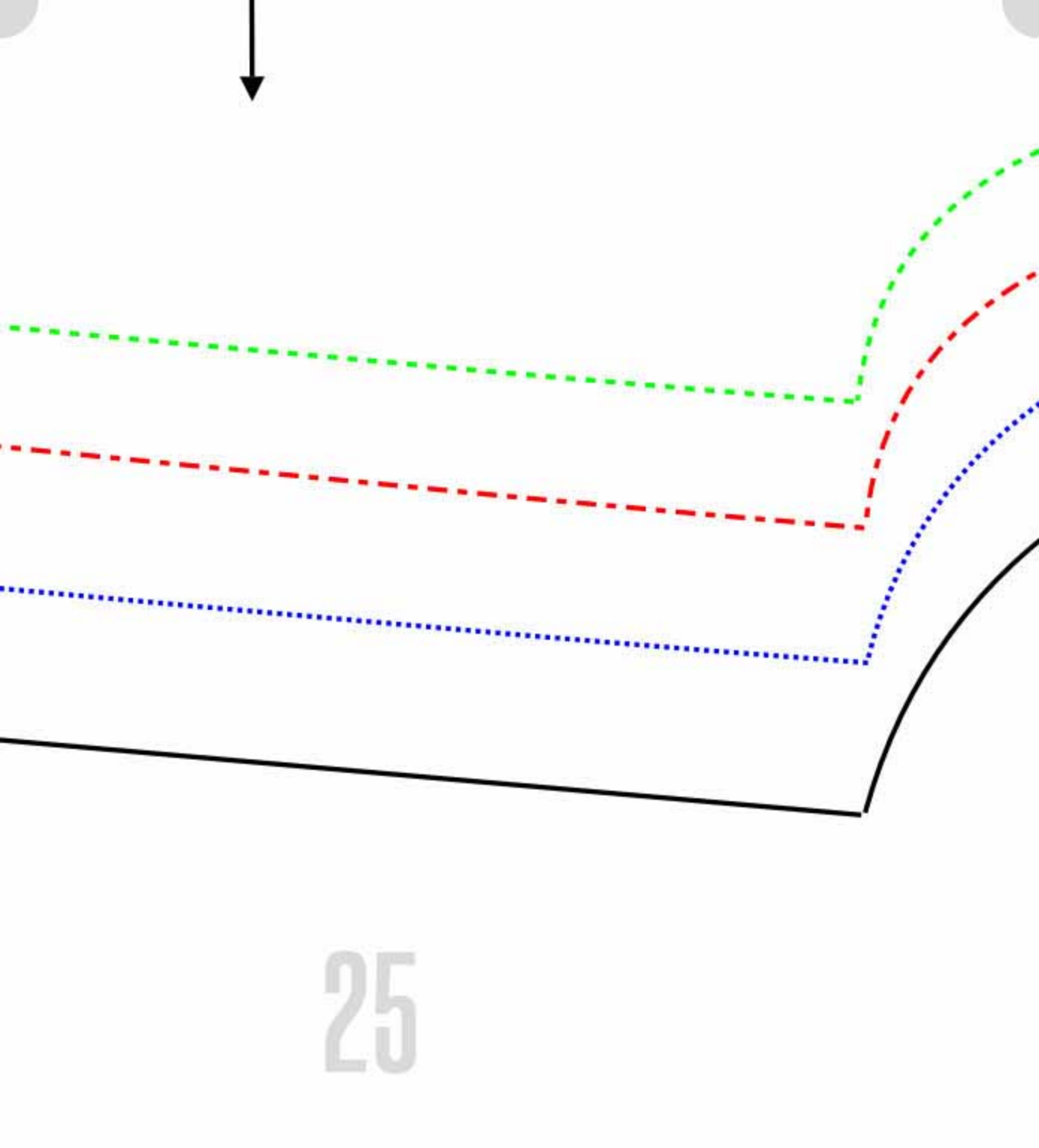
Small

Medium

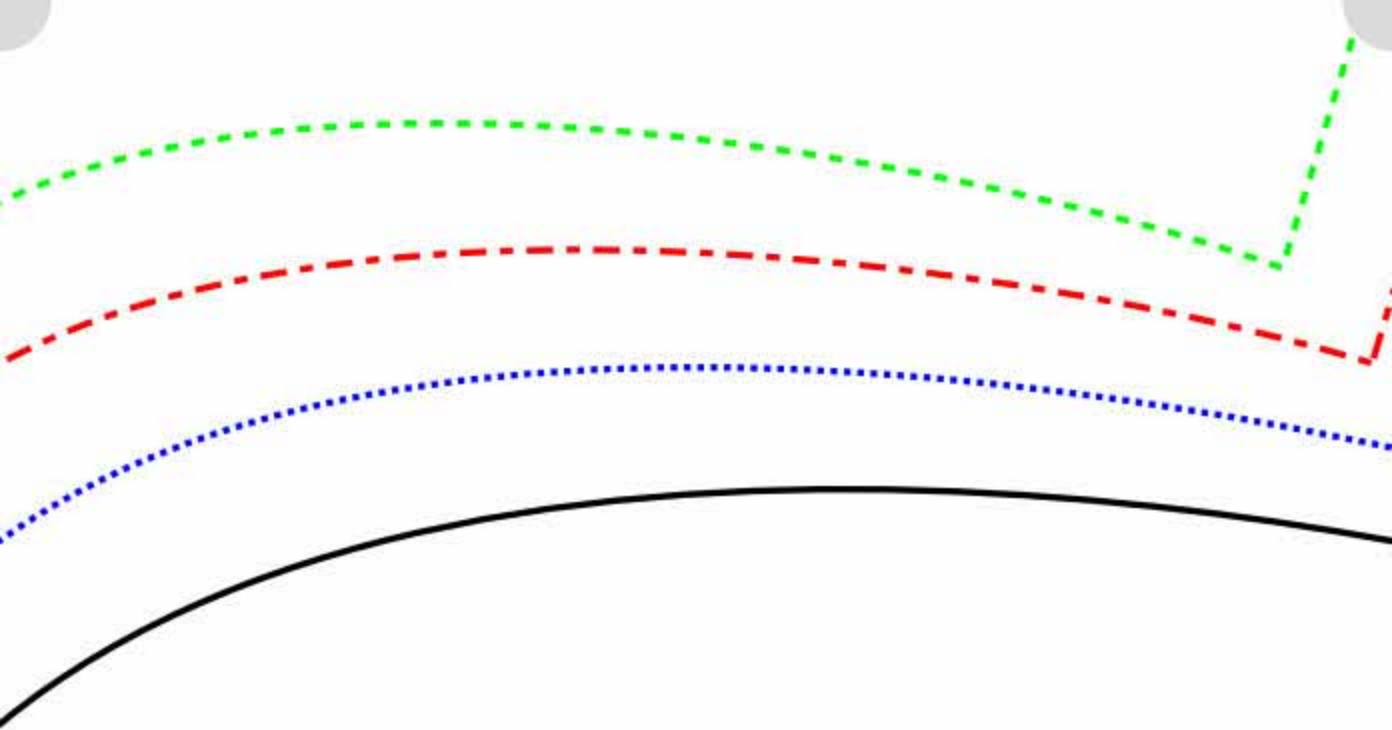
Large

X-large

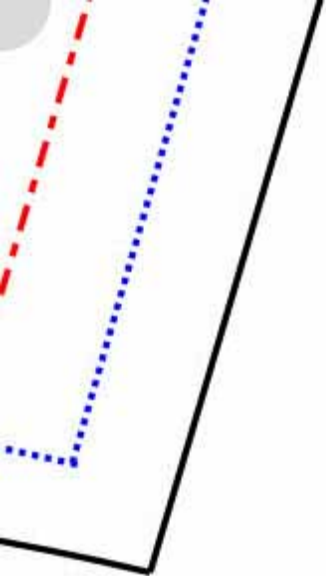
25



25



27



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