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So Sew Easy

In a Twist Dress

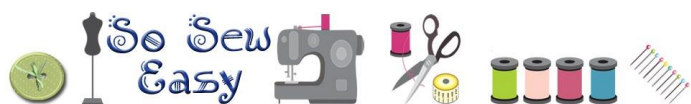
Платъе из трикотажа с узлом на талии

A dress that looks complicated but is actually easy to sew. Designed for knit fabrics, this dress just slips over your head but the finished look is anything but simple. The twist adds a certain sophistication and can help to hide a wide waistline or a prominent tummy.

Classy, classic, elegant, refined. Not words you could use to describe every dress, but this one really does fit the bill. You'll look a knockout in this dress, whether you choose a solid or a small print.

With a higher neckline in the front and a more dramatic lowered neckline at the back, this dress is a good-looker from every direction.

More details about this pattern can also be found on So Sew Easy, along with pattern testers versions and reviews – [click here](#).



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

Features:

- Interesting twist detail at the waist
- Straight skirt, fitted at hips
- Narrow shoulders
- Front and back facings
- Easier to sew than it looks!
- Classic higher neckline at the front
- Dramatic lowered neckline at the back

Skill level –Confident Beginner

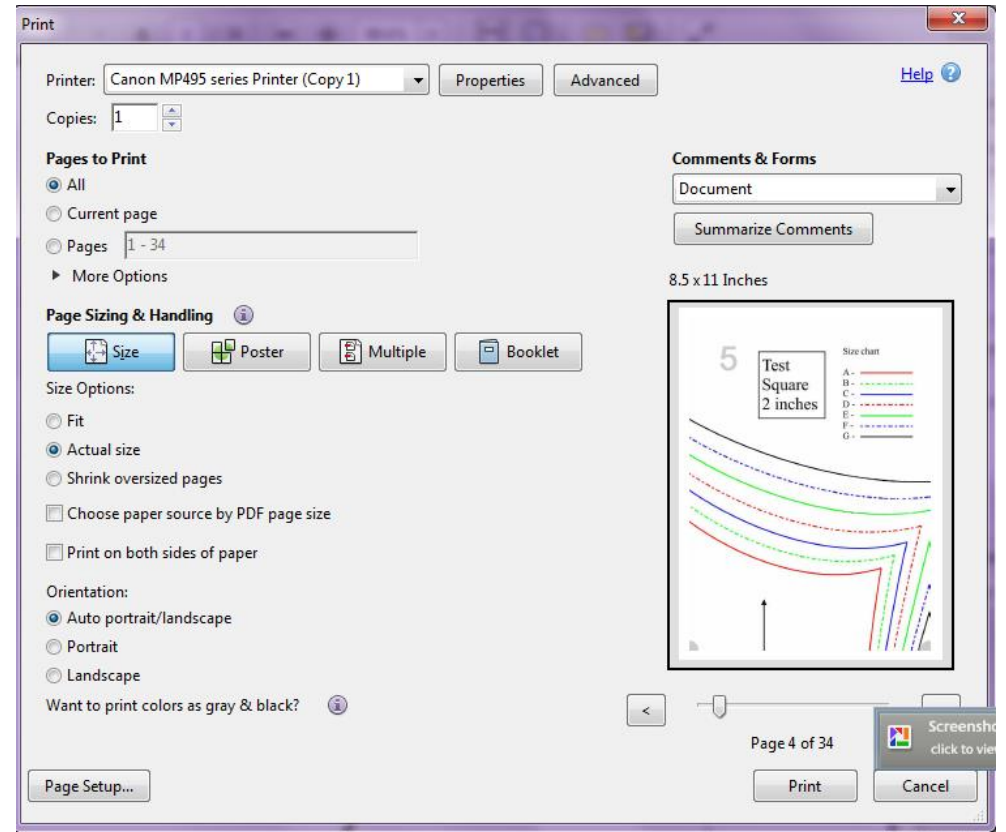
Experience in sewing with knit fabrics would be useful. This dress also includes facings and under-stitching. See the video for further tips and extra help over the written directions if needed.

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

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 this pattern is PORTRAIT.

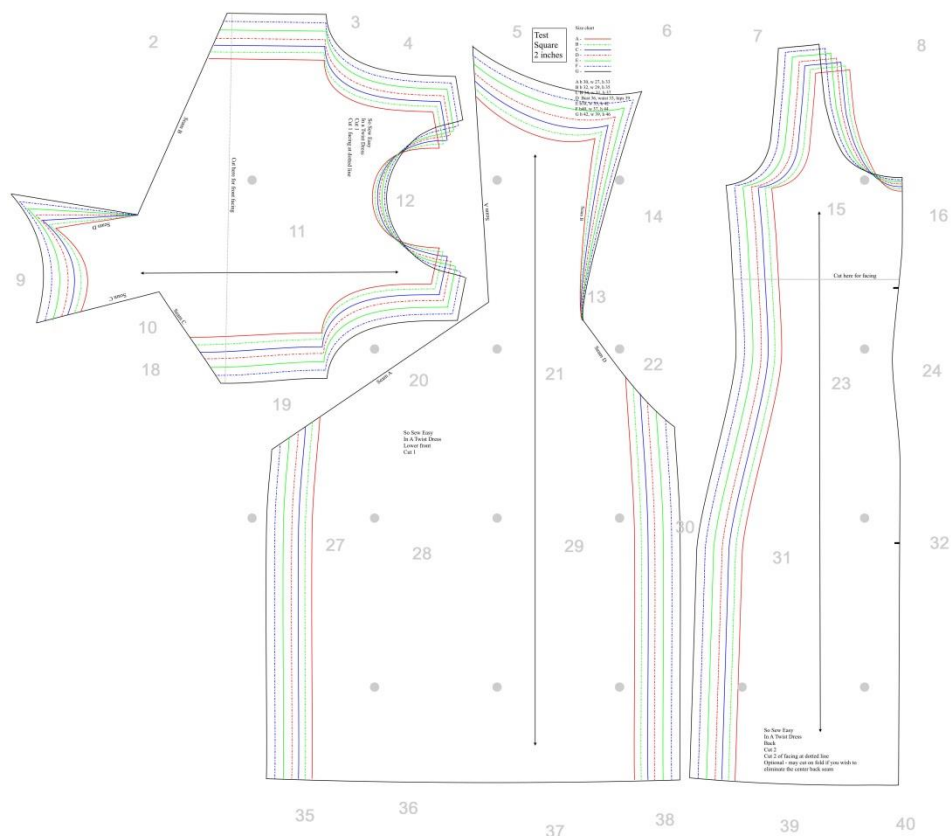


You can print the lot including the pattern and instructions, or if you want, just print the pattern pieces at the end of these instructions.

On the top edge of **PAGE 5** 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. Your finished pattern should look like this...



Certain pages are blank within the pattern and therefore do not print or have a page number. To assemble your pattern pages 2-8 go along the top row, then 9 to 16, then 18 to 24 and so on. You can see above that several pages on the left are blank and are not printed, including page 1.

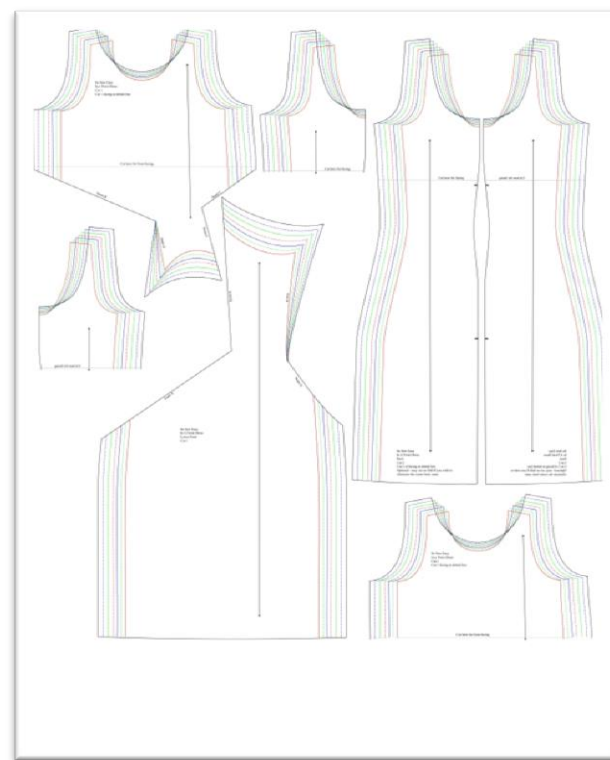
Fabric requirements, suggestions and layout

Stretch knit fabrics with a moderate stretch. In my examples, the pink dress is a ponte knit, the print dress is an ITY knit. Although both dresses were cut and sewn the same, the ponte fabric has less stretch and this dress has a closer fit as a result. Be aware of how much stretch in your fabric as this will affect the end result.

Assuming fabric 58 inches wide, all sizes will need 2 yards of fabric. More will be needed if there is a pattern to be matched.

Layout →

раскладка



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What size do I need?

Please use this table as a guide only as although our body measurements may be similar, different body shapes may require fitting differently. Fabrics with different thickness, drape and stretch will also affect the finished result and fit on this dress, so use this table as a guide only. Compare the flat pattern measurements to your own body measurements.

The dress is fitted at bust and hips and more loose at the waist with a small amount of fitting ease for you to make your own personal fitting adjustment.

Внимательно смотрим таблицу размеров!!!

Size / размер	Bust (in/cm)	Waist (in/cm)	Hips (in/cm)
A /40	30 / 76	27 / 69	33 / 84
B /42	32 / 81	29 / 74	35 / 89
C /44	34 / 86	31 / 79	37 / 94
D /46	36 / 91	33 / 84	39 / 99
E /48	38 / 97	35 / 89	41 / 104
F /50	40 / 102	37 / 94	43 / 109
G /52	42 / 107	39 / 99	45 / 114

Always test the fit using the paper pattern pieces, or an inexpensive test fabric before cutting your expensive fabric for this project. If in doubt test the larger size and adjust for fitting at the seams during construction.

Directions

Seam allowances – 0.25 inches / 0.75 cm unless otherwise stated. This pattern has been designed with NARROW seam allowances to help the facings and twist sit best.

Sew with a serger, or a regular machine using a stitch designed for stretch fabrics. I like to use my overcasting stitch for stretch fabrics which stitches and finishes the seam in one go and is perfect for a ¼ inch seam allowance.

Abbreviations used – RST – right sides together.

Neaten your seams – serge/overlock your seams, or finish with your favourite method. Trim, neaten and finish seams as you go.

Useful tutorials

You can find a range of useful sewing tutorials and videos at So Sew Easy – [tutorials page](http://so-sew-easy.com/tutorials-page).



Let's start to sew !

This tutorial also comes as a video step by step, and contains more detail than the written instructions alone. Please check out the video by clicking this image below.



1 – Match your back facing to the back main piece. Pin in place. Stitch with a ¼ inch seam along the curve of the neckline and the curve of the armhole.



2 – Clip your seam allowances carefully around the curves.



3 – Repeat for the other side and then match your two back pieces along the center back. Lift up the facing to match the center back neckline curve.

Pin then stitch from the edge of the facing, through the neckline and to the bottom of the dress back.



4 – Under-stitch the facing to the seam allowance as far as possible along the center back and the arm curves. This will help the facing lie inside the dress when worn.



5 – On the lower part of the dress front, match the two long seams RST on the left hand side, and stitch from the outer edge towards the fold.

Stop stitching $\frac{3}{4}$ of an inch before the fold to leave a small gap.



6 – Lie the top part of the dress front RST with the shoulders pointing towards the bottom of the skirt. The funny shaped piece of fabric is pushed up through the gap you just left with the right side facing the lower skirt.

7 – The seam on the left hand side can now be matched with the other long seam on the left, pinned and then stitched. Start at the outer edge and stitch as far as possible while not catching the fabric pushed through that will form the twist.



Please see the video if you need clarification of these steps and which seams should be sewn together.

8 – When you open out the dress front, you should now have the whole left hand side completed like this.



9 – Now find that funny little shaped piece you pulled through the gap earlier. It's hiding on the back of the dress. This sits in the triangle on the right there and completes the waist on that side. Make sure it's not twisted and lie it out so you can see which seams should match.



10 – Pin and then stitch those seams, from the outer edge towards the twist, stitching as far in as you can before hitting the twist.

Your dress front is now completed.



Here's a close up of how your twist should look.





11 – Time to add the facing to the front. The same as you did for the back, match the front facing RST and stitch around the neckline and armhole curves. Clip the curves.

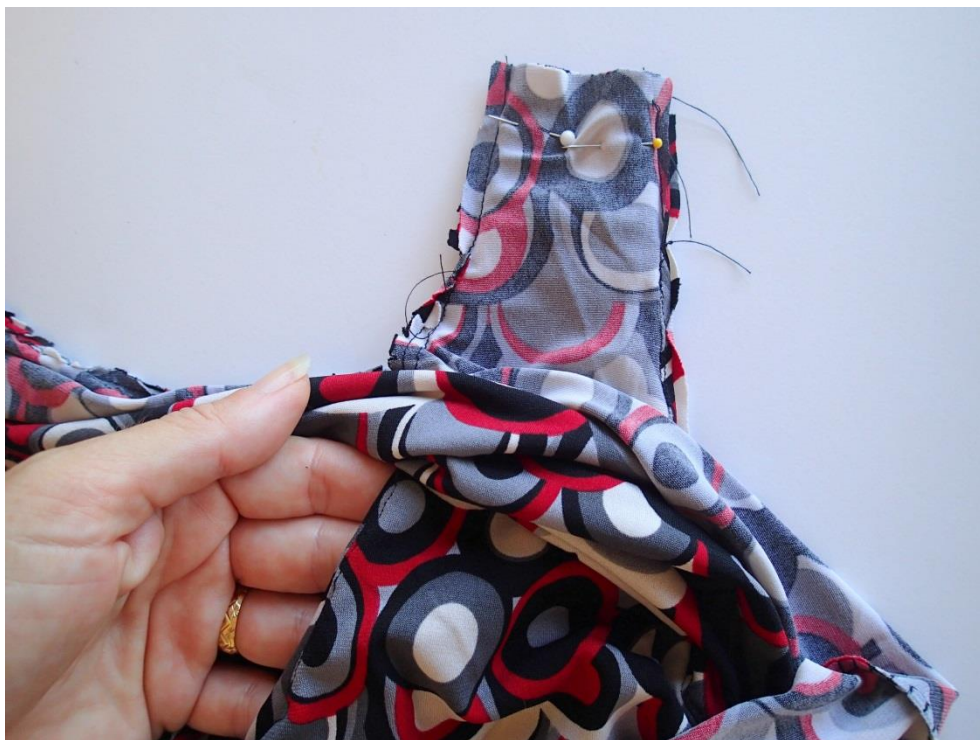


12 – Under-stitch the facing to the seam allowances as far as possible.

13 – Match your dress front and back, matching the side seams and where the facings meet the main body of the dress. Pin or baste in place to check for fit and make any fitting adjustments necessary.

14 - Starting from the facings, stitch the side seams from top to bottom on each side.

15 - Take the shoulders from the back of the dress and turn them right sides out. Push them up inside the shoulders of the front of the dress, so that the right sides of the fabric are together. Make sure you haven't twisted anything.



16 - Match up the fabric evenly and then stitch through all layers with a ½ inch seam allowance. Trim and grade the seam allowances.



17 - Turn everything the right way out and give all the seams a good press, paying attention to turn the facings towards the inside on the front and back necklines.

18 - Optional - stitch your facings in place to the side seam allowances to keep them in check and make it easier to get the dress on and off.

19 - Try on your dress and check for length. Trim if necessary. Hem the bottom edge with your favourite hem finish for knits, or if your fabric is suitable, leave the bottom unfinished.



Thank you for downloading this In a Twist 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

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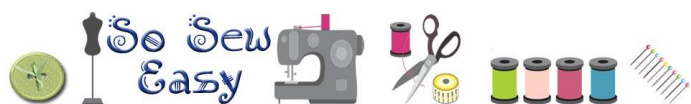
Classic Straight leg knit pants	Cool It Can Cozy	Gathered front top
Make it Yours Clutch Bag	Spring Mug Rug	Waterfall top
Reversible Apron	Flirty Skirty	Carry All Bag
Cowl Neck Top	Expanding Nautical Tote Bag	Wear Everywhere Dress
Fab Felt Christmas Tree	Sew Simple Leggings	Easiest ever Felt tree ornaments
Turning Japanese Bag	Flex frame glasses case	Color Block Dress
Baby changing mat	Halloween Table Runner and placemats	Insulated Baby Bottle Bag
Give me a Shrug Top	Sunshine Ribbon Baby Toy	The Perfect Baby Burp Cloth
The perfect maxi skirt	Zipper Top Tote Bag	'It's a Wrap' Top
Cuddle Me Cardy	Fall Mug Rugs	Half-circle wrap skirt

Show Some Flare a-line skirt	Wear Everywhere Skirt	In a Twist Dress
The Ultimate Wallet		

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



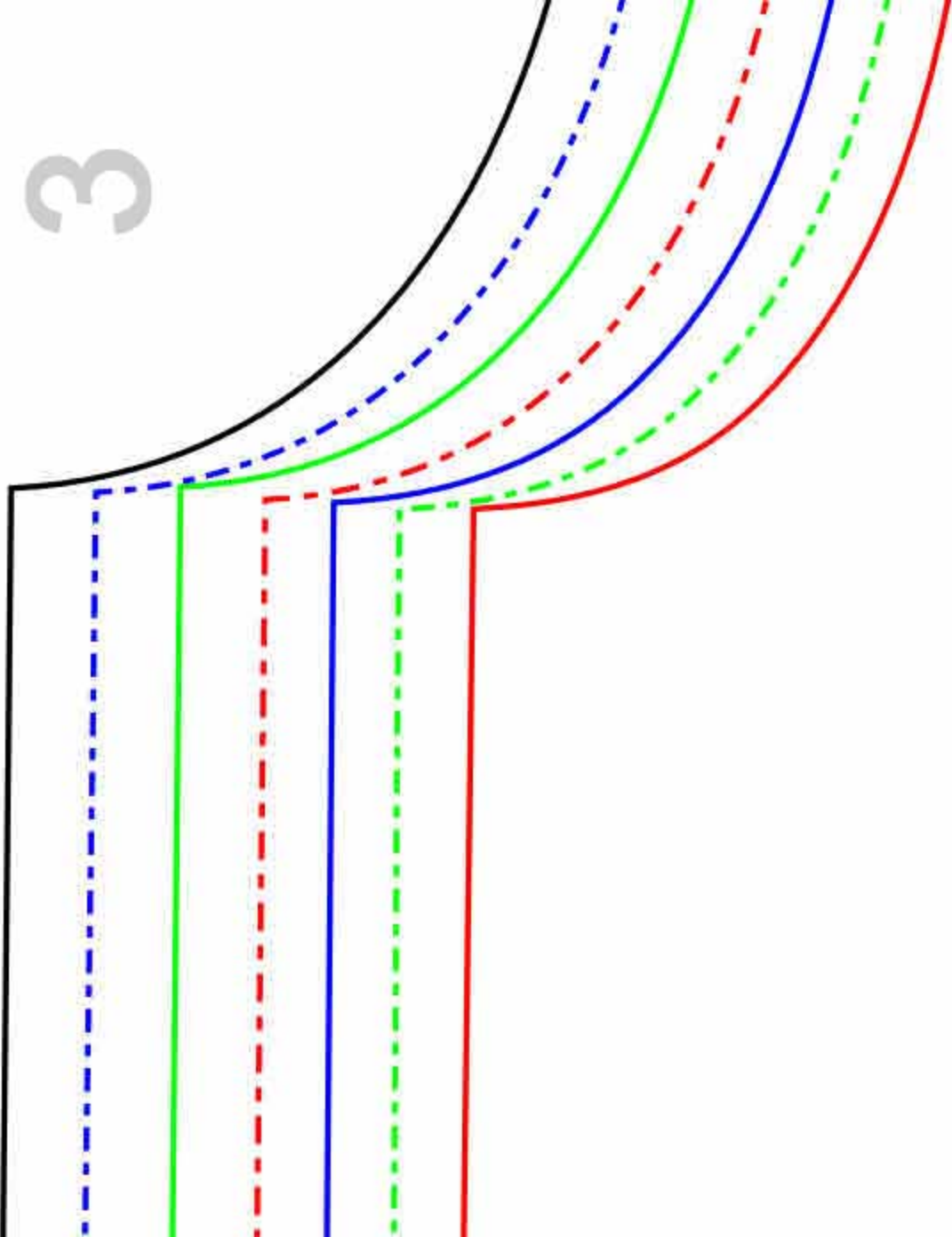
Cut here f

Seam B

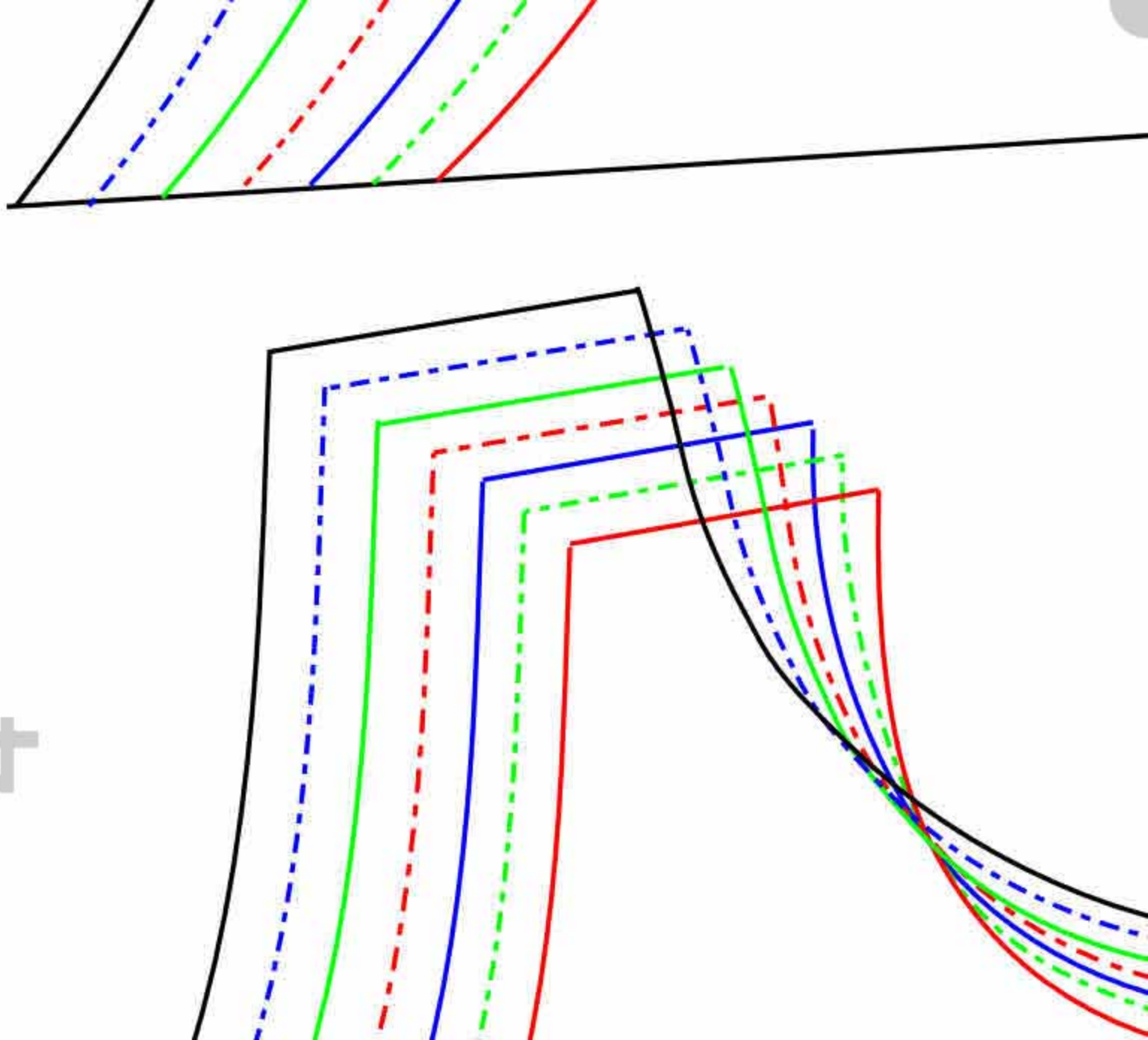
2

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So Sew Easy
In a Twist Dress
Cut 1
Cut 1 facing at dotted line



4



5

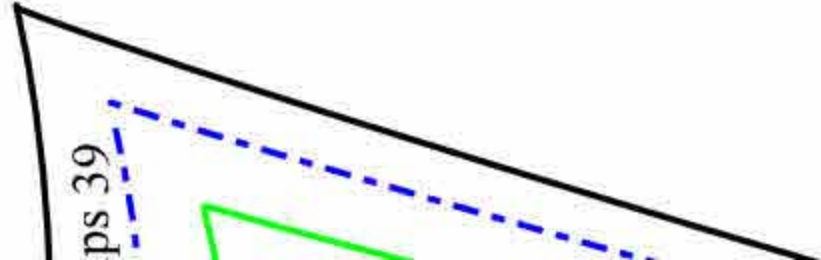
Test
Square
2 inches

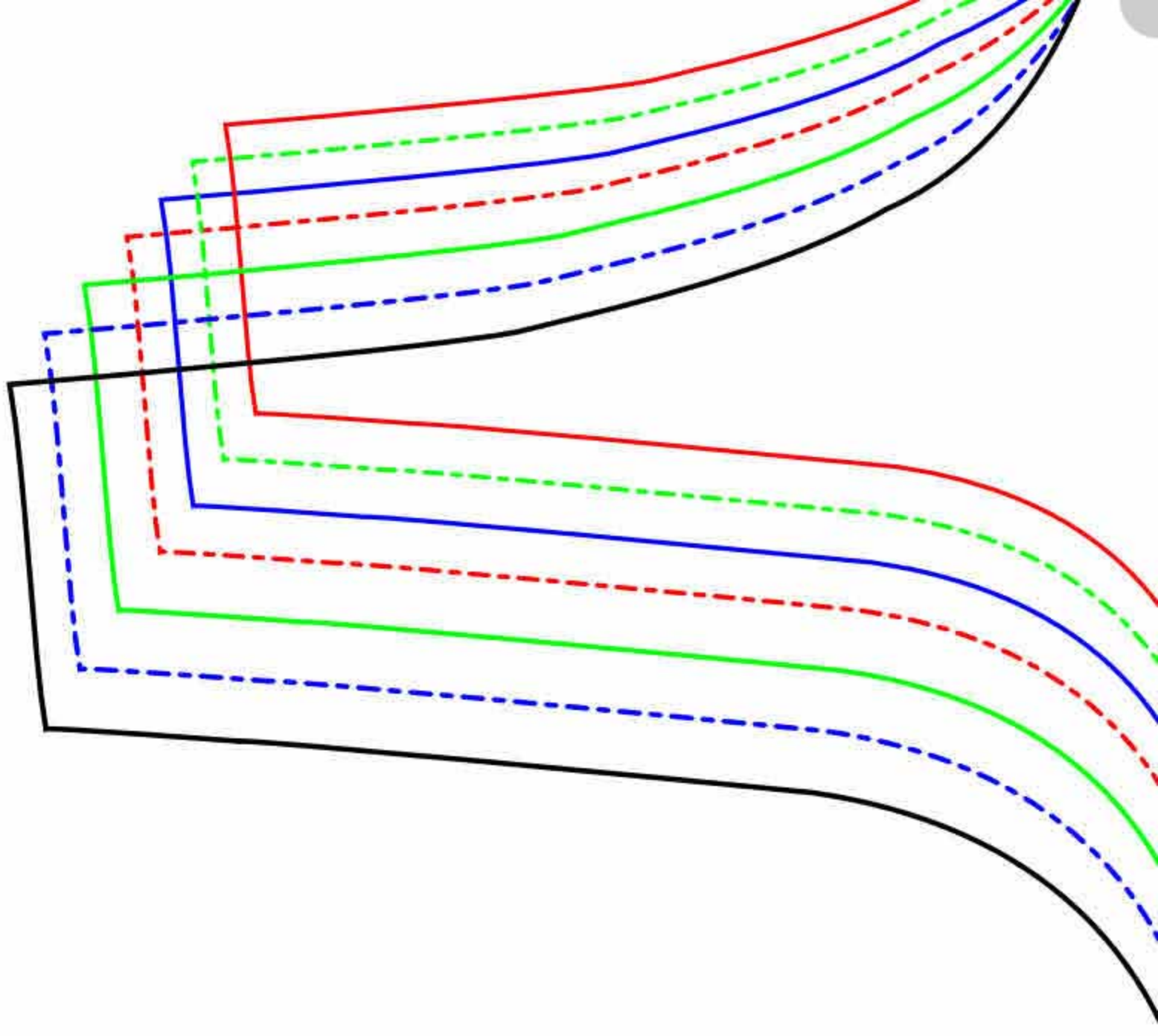
Size chart

A -	
B -	
C -	
D -	
E -	
F -	
G -	

размеры смотрите в соответствующей таблице

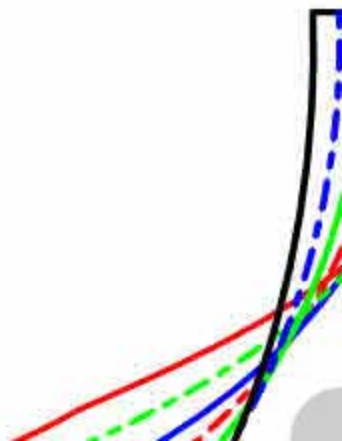
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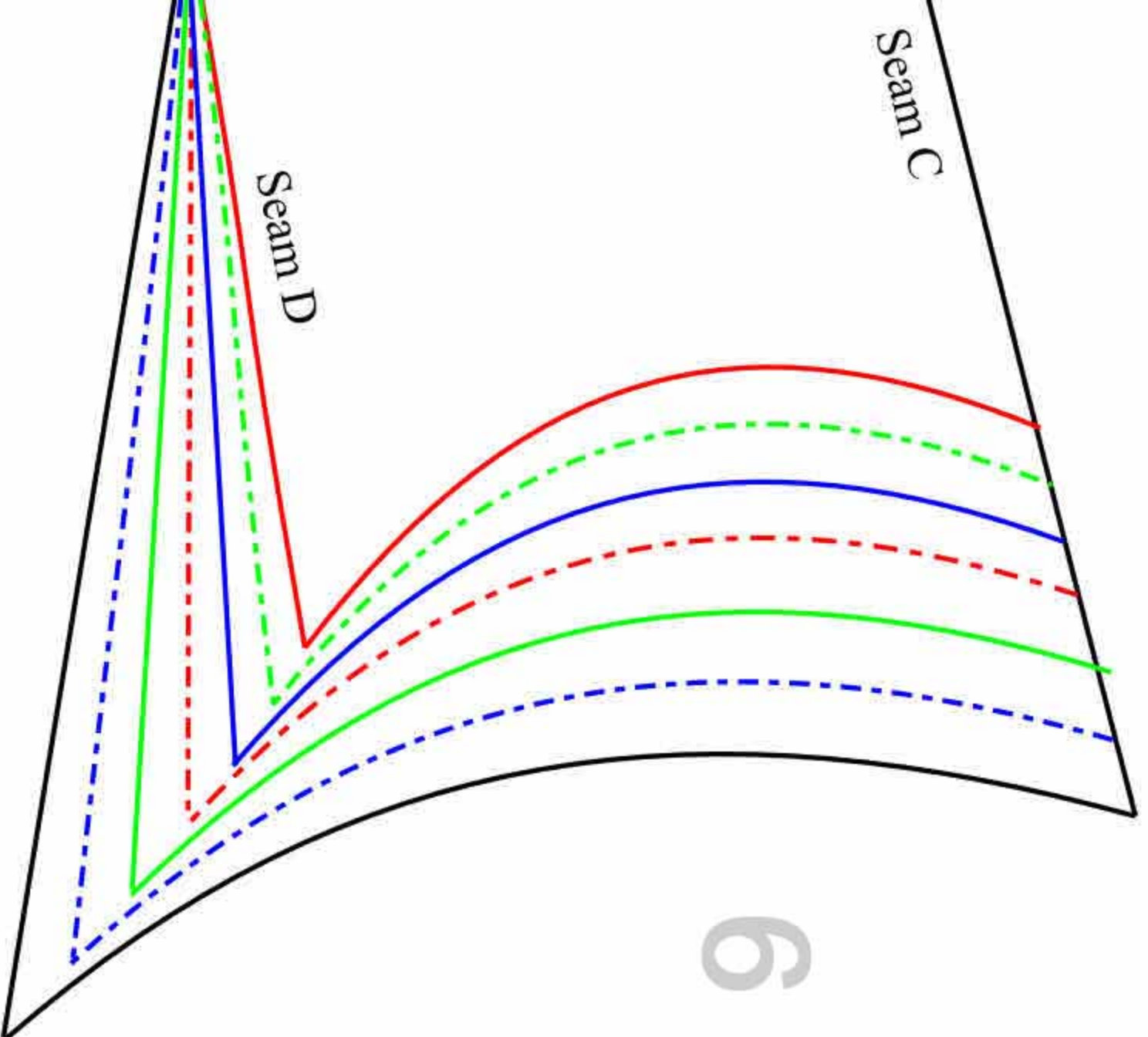




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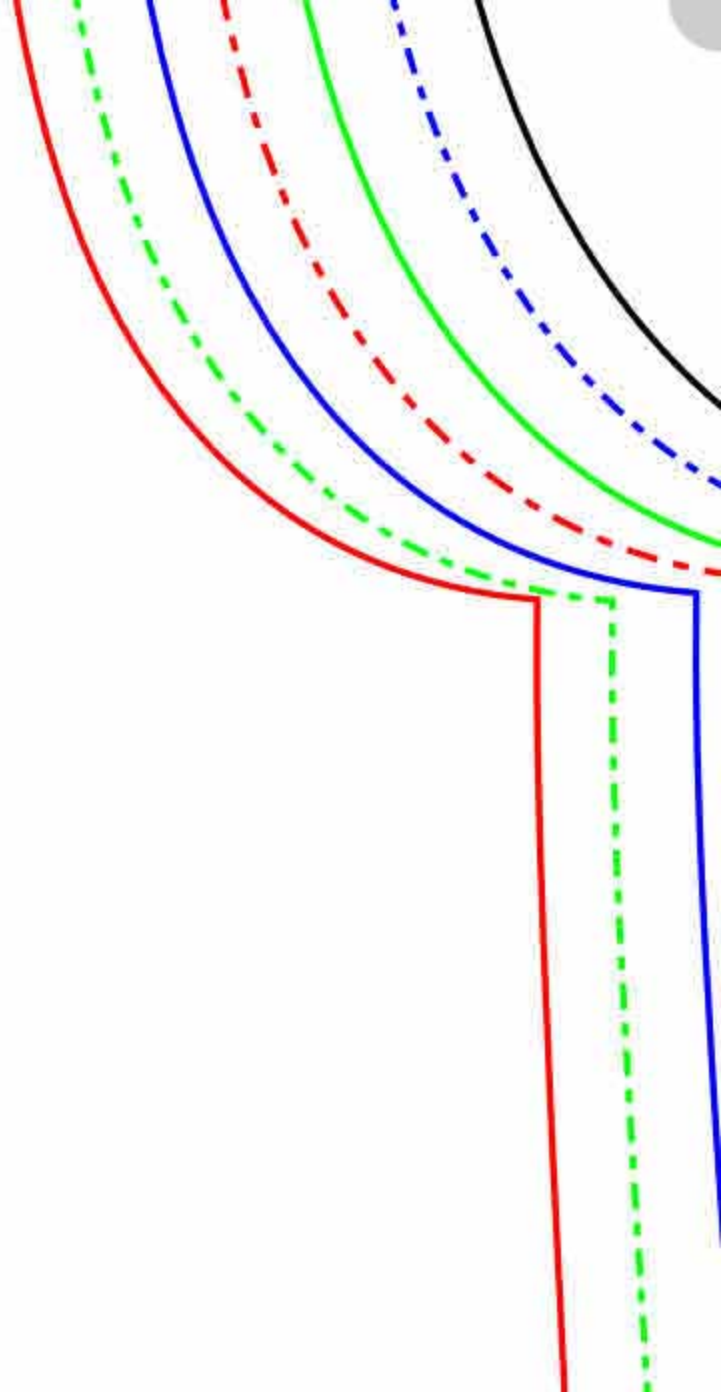
for front facing

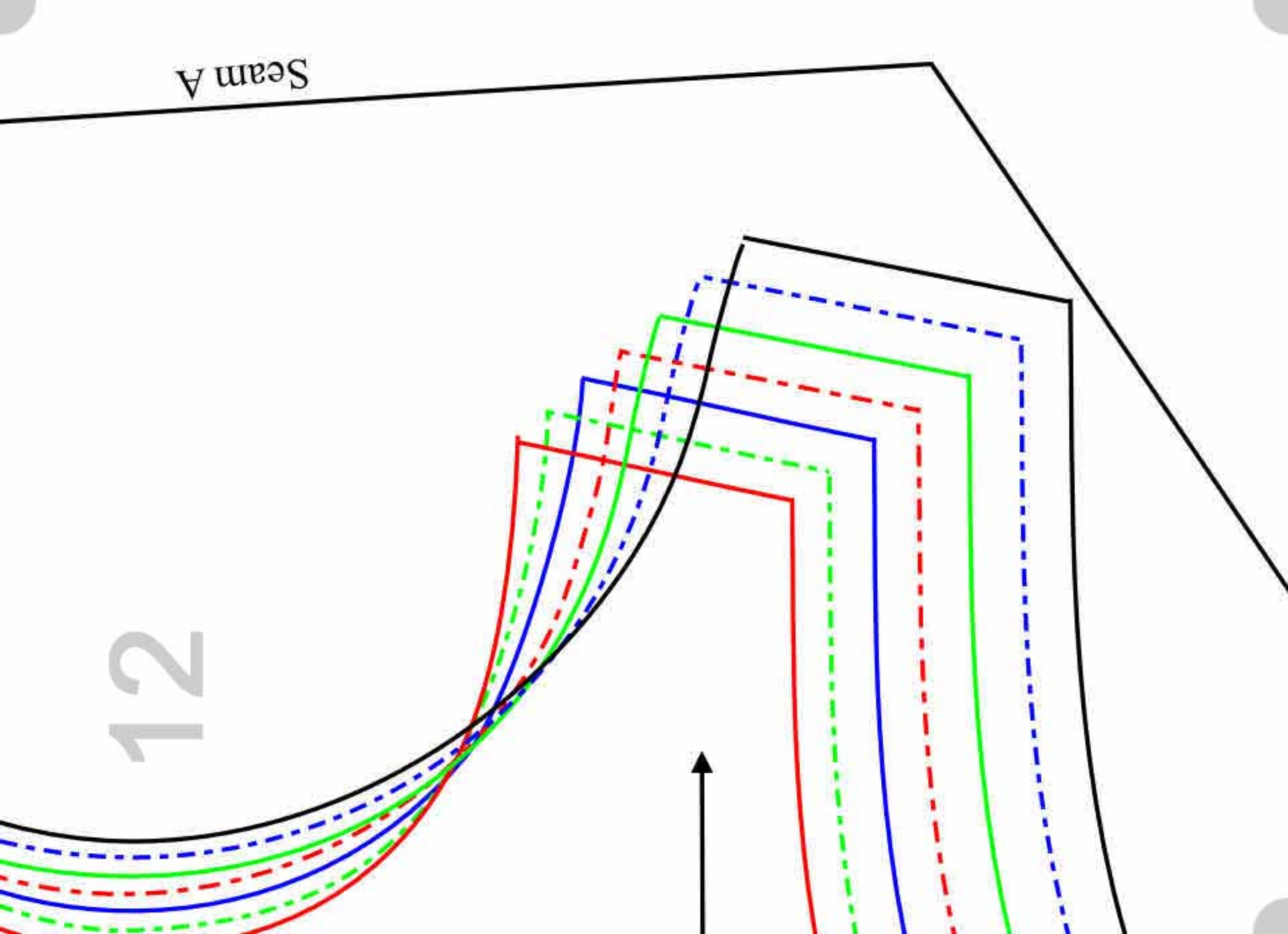
(Lengthen or shorten at facing line)

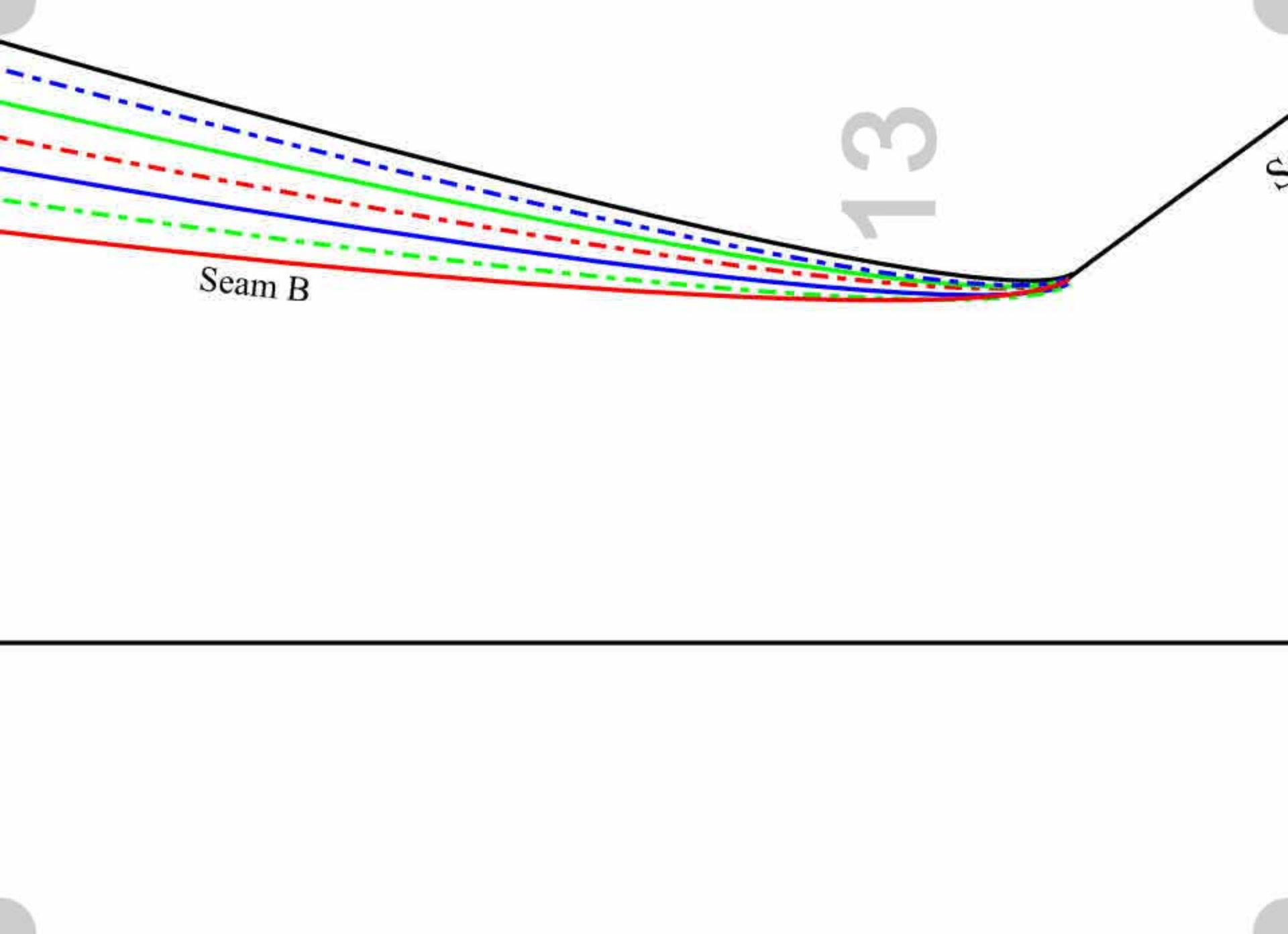
Seam C

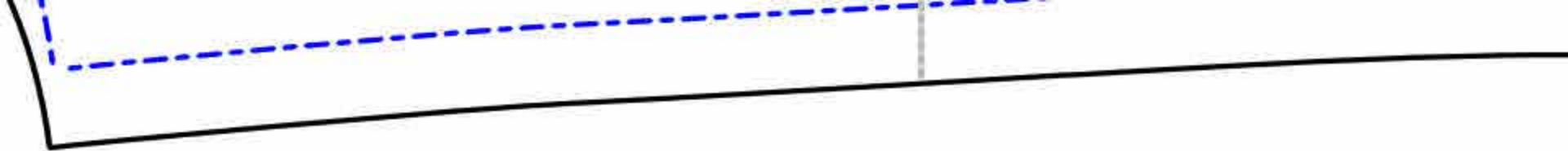
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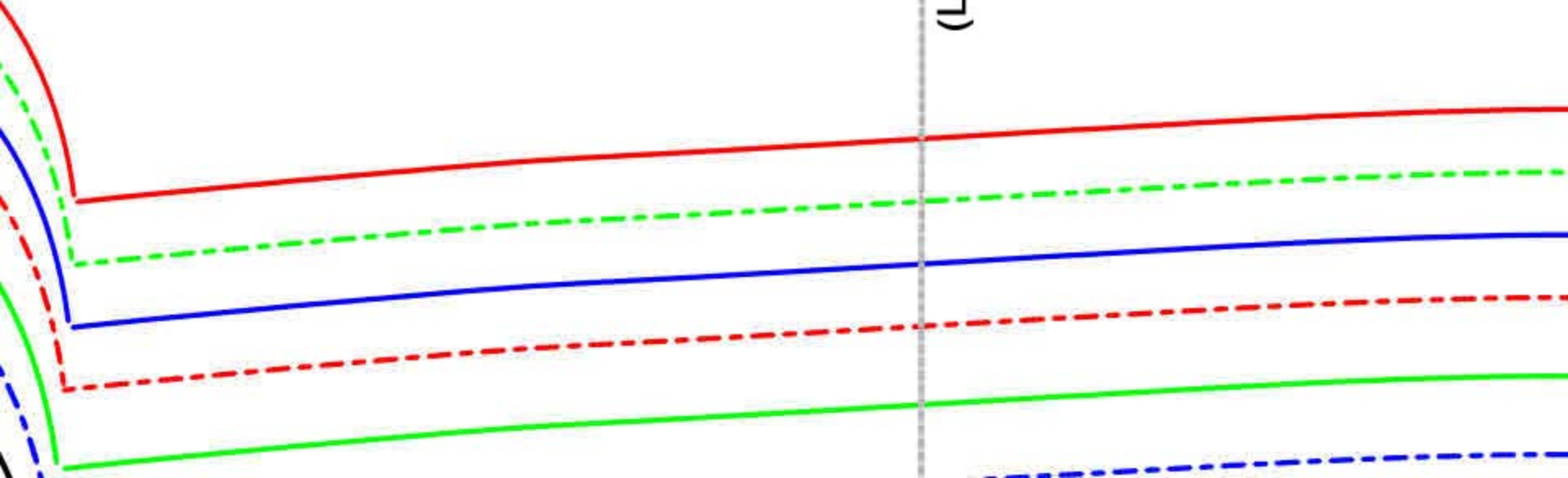




14

15

Cut here for f
(Lengthen or shorten at facing line)

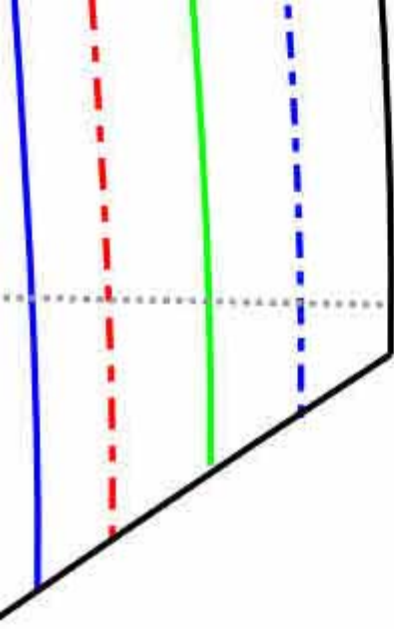


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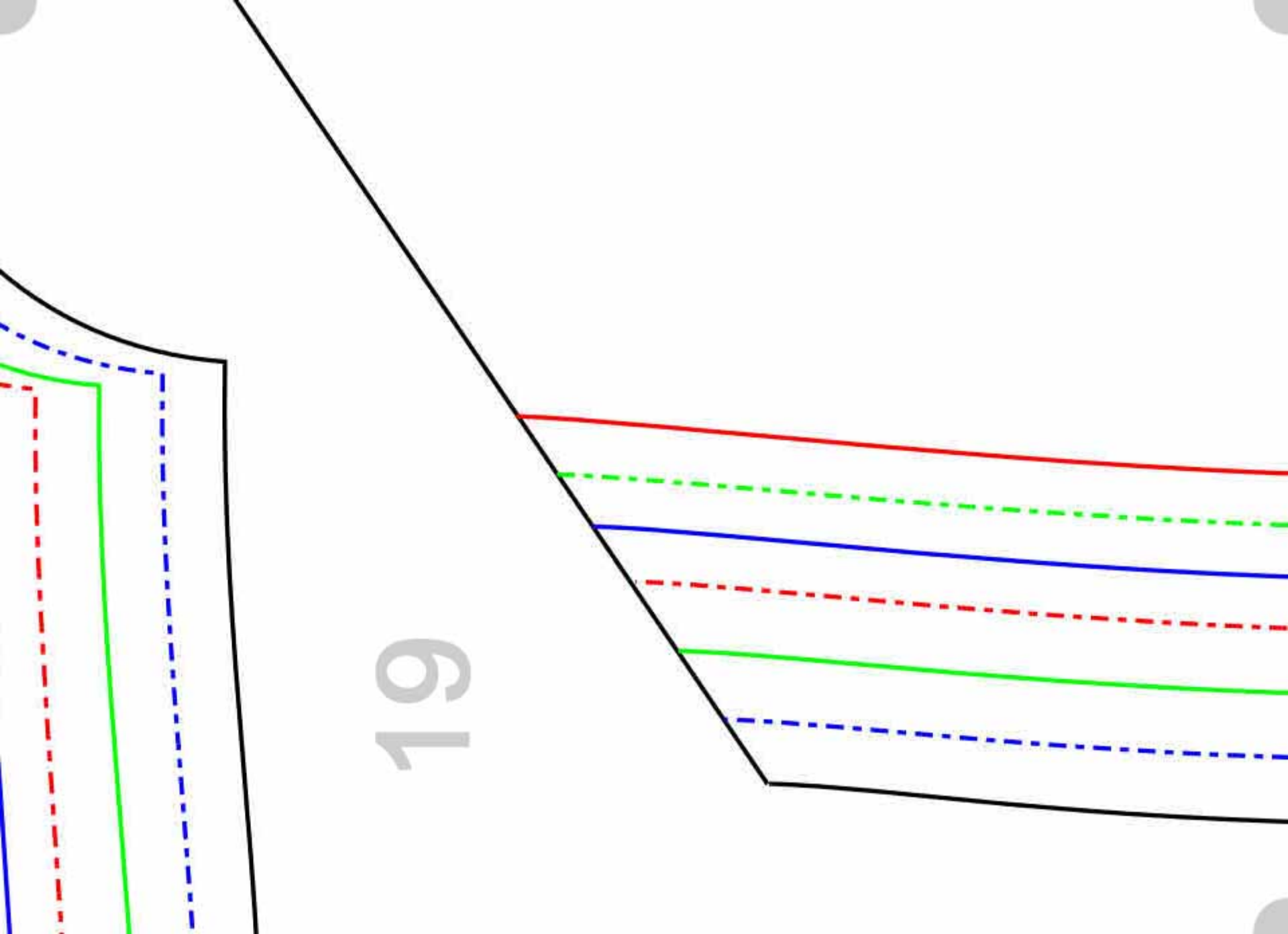


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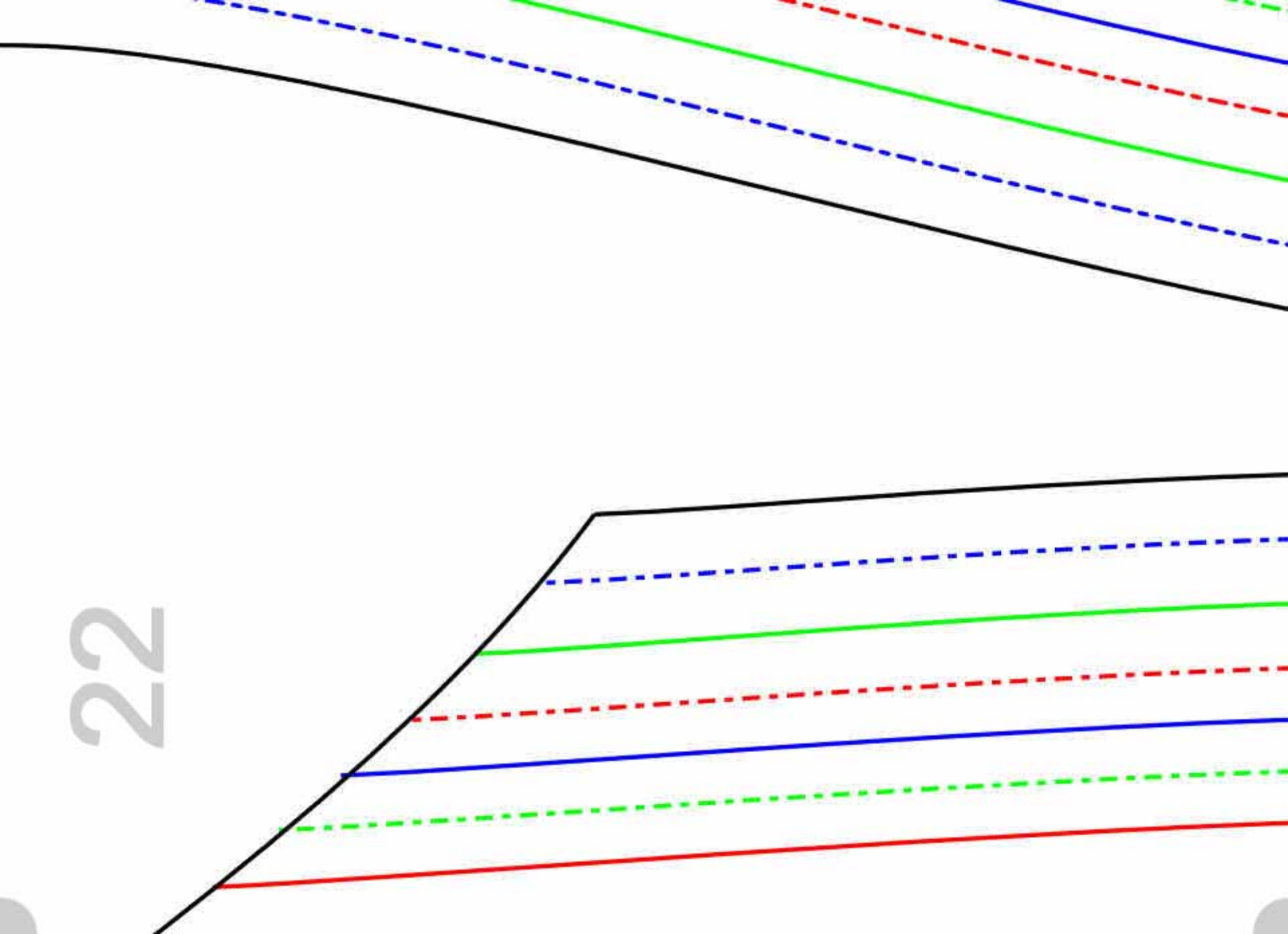


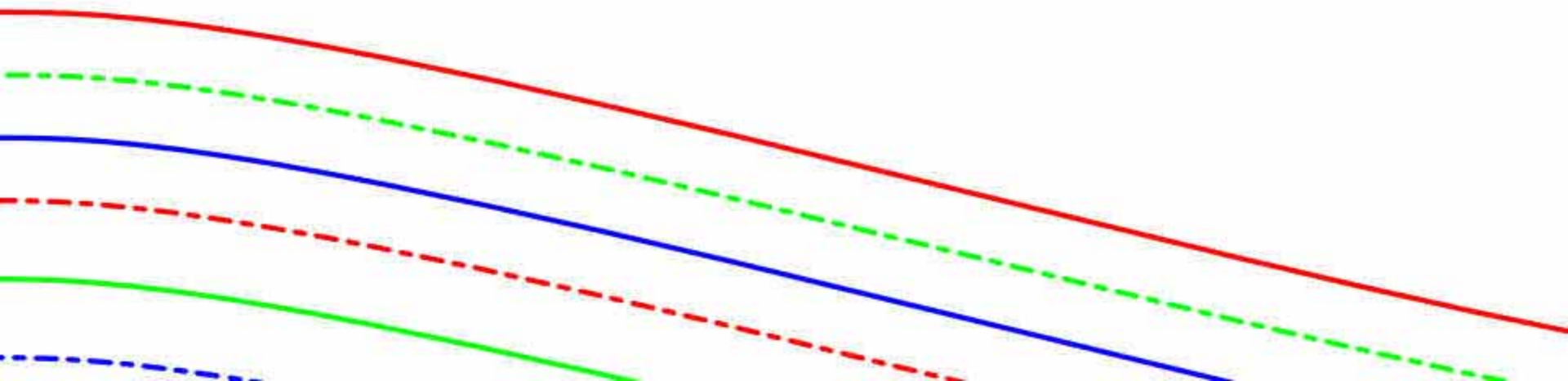
So Sew Easy
In A Twist Dress
Lower front
Cut 1

beam D

21

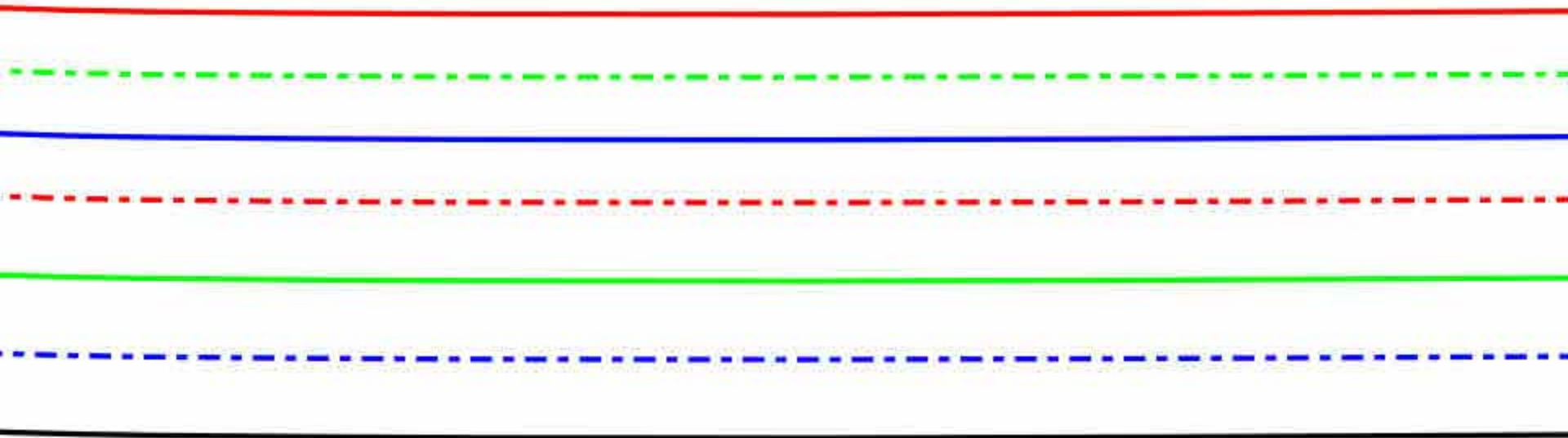
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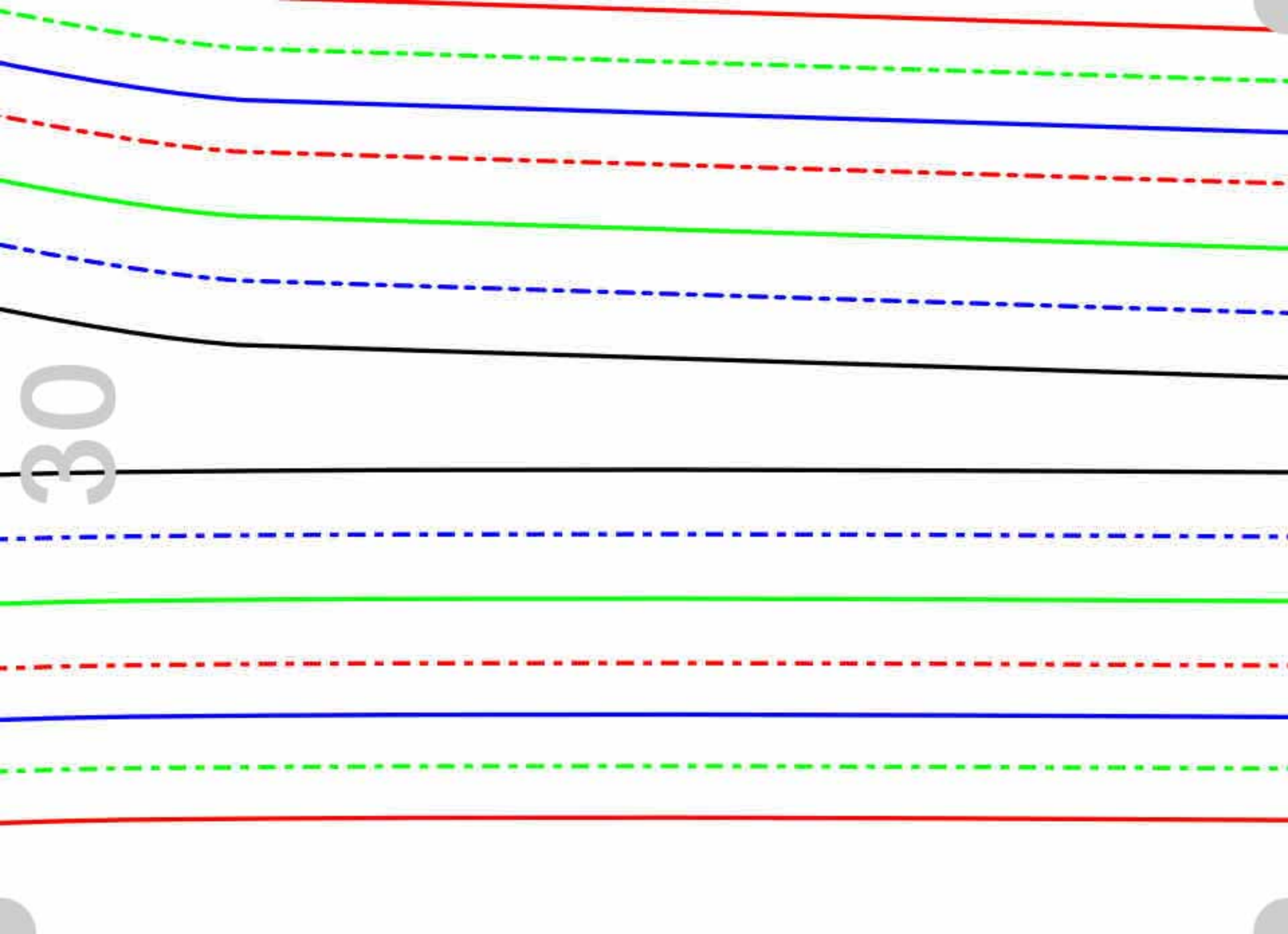




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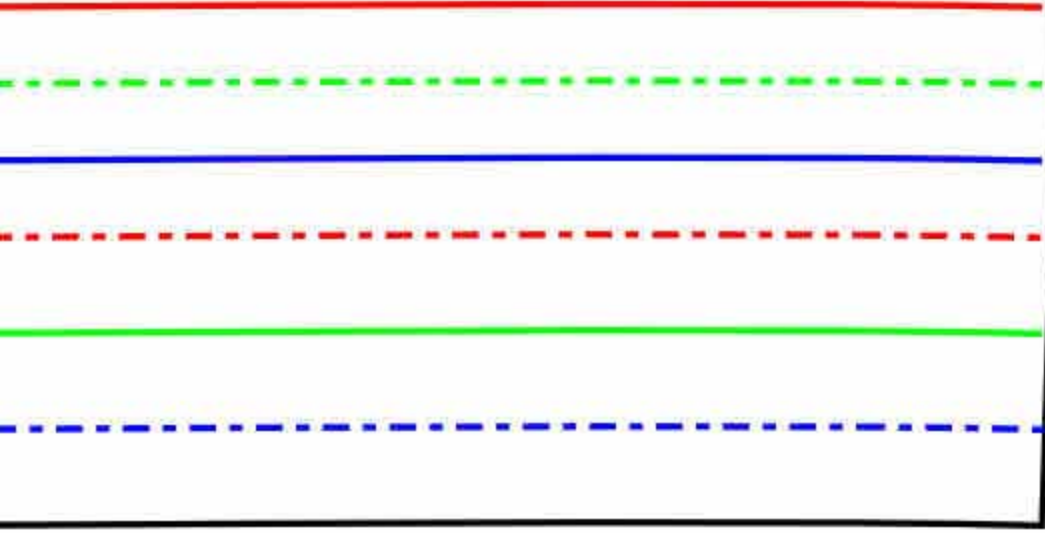
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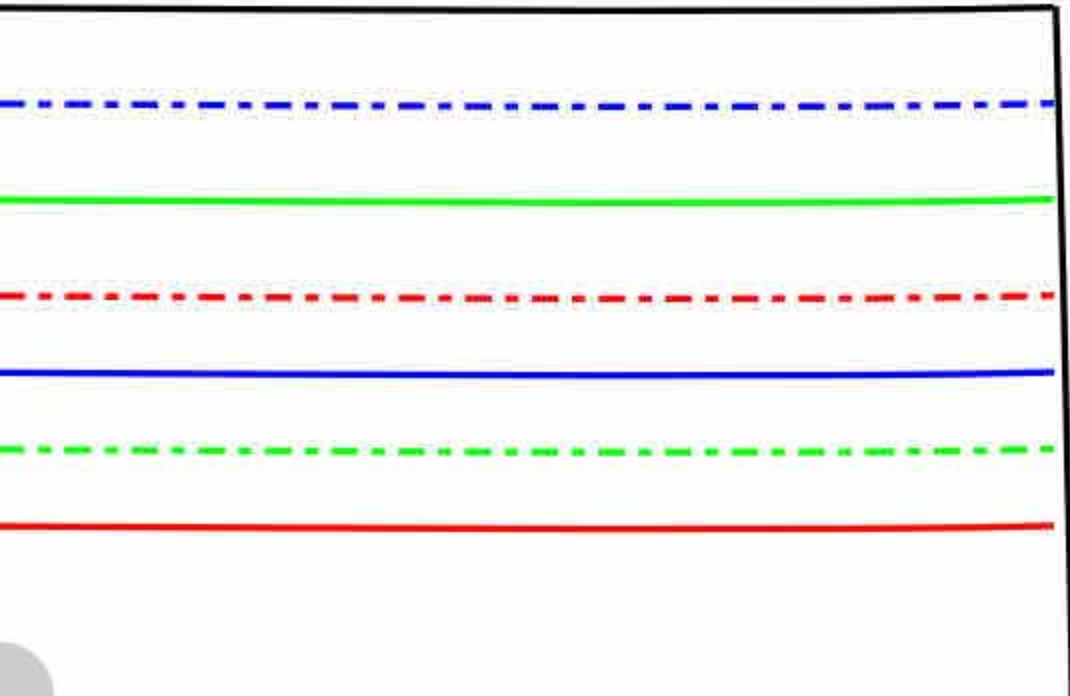
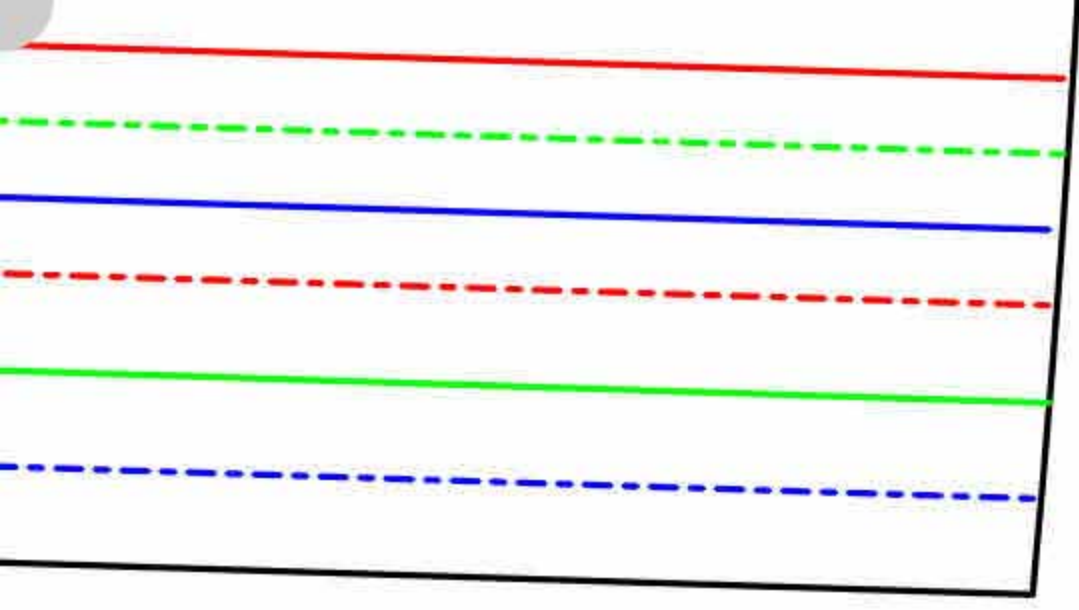


32

I









So Sew Easy

In A Twist Dress

Back

Cut 2

Cut 2 of facing at dotted line

Optional - may cut on fold if you wish to eliminate the center back seam
