

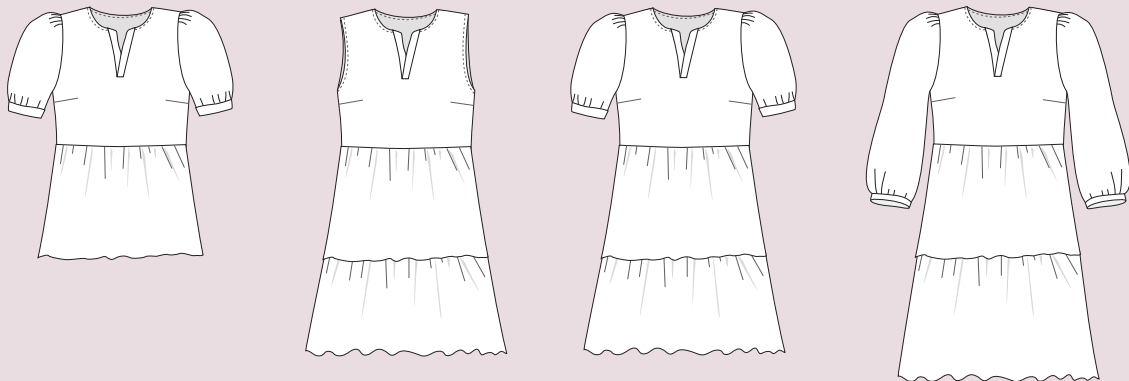
# SINCLAIR

Ipanema tiered top and dress  
for woven fabrics

**Step by step sewing tutorial**

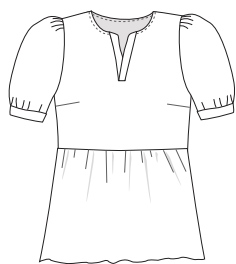
SIZES: XXS-4XL (US0-US30)  
HEIGHT: PETITE/REG/TALL  
DIFFICULTY: 3-4/10 (BEGINNER)  
REF: S1133

#sinclairipanema #sinclairpatterns

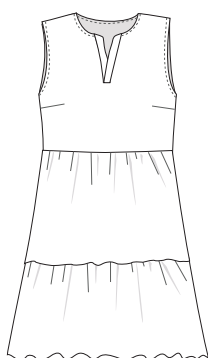


## Table of contents

<b>General information .....</b>	<b>1</b>
Basic fit .....	1
Fabric choice and styling options .....	2
Tools and equipment .....	3
Fabric requirements* and notions .....	3
<b>Sizing.....</b>	<b>4</b>
Choosing your height .....	4
Choosing your base size .....	4
Sizing guide, inch* .....	5
Sizing guide, cm* .....	5
<b>Finished measurements.....</b>	<b>5</b>
Intended fit of the garment .....	5
Finished measurements .....	6
<b>How to adjust the pattern .....</b>	<b>7</b>
Examples .....	7
Other adjustments .....	8
<b>Printing and assembling the pattern .....</b>	<b>8</b>
Paper formats and layers .....	8
Printing the pattern .....	8
Assembling the pattern .....	9
Printing layouts .....	9
<b>Sewing information .....</b>	<b>10</b>
Hem and seam allowances .....	10
Pattern definitions .....	10
Sewing with wovens .....	10
Sewing with knits .....	10
Making a muslin .....	11
How to move darts .....	11
<b>Cutting list and cutting layout.....</b>	<b>12</b>
Prepare the placket and the Front .....	13
Attach placket .....	14
Finish darts .....	15
Finish shoulder seams .....	15
Finish the neckline – Part I .....	16
Finish the neckline – Part II .....	17
(Views B-D, dress, optional) Attach pocket bags .....	18
Prepare tiers for the skirt .....	18
(Views B-D, dress) Finish tiers .....	19
Attach tiers to the bodice .....	19
(optional) Add back ties .....	20
(Dress with pockets) Finish side seams .....	21
(Top/dress without pockets) Finish side seams .....	21
(Short/3/4 sleeves version) Finish sleeves – Part I .....	22
(Short/3/4 sleeves version) Finish sleeves – Part II .....	23
(Short/3/4 sleeves version) Set in sleeves .....	24
(Sleeveless version) Finish the armholes with bindings – Part I .....	25
(Sleeveless version) Finish the armholes with bindings – Part II .....	26
Finish the hem .....	27
Press the garment .....	28
Enjoy .....	28



View A



View B



View C



View D

## Ipanema woven tiered top and dress

### General information

**SIZES:** XXS-4XL (US0-US30)  
**HEIGHT:** PETITE/REG/TALL  
**DIFFICULTY:** 3-4/10 (BEGINNER)  
**REF:** S1133

#sinclairipanema  
 #sinclairpatterns

Pattern is provided in the following formats:

A4: print and tape at home  
 US Letter: print and tape at home  
 A0/Copyshop: print at copy shop  
 Projector: cut with projector

You can always download your pattern in your preferred format at: <https://sinclairpatterns.com/my-account/downloads>

### Basic fit

Semi fitted across the shoulders, loose fitting around the bust, waist and hips tiered top and dress designed for woven fabrics. V shaped neckline finished with a simple placket, back of the neckline is finished with a binding. Comes as a sleeveless dress or top with the armholes finished with hidden bindings or with short puffed or 3/4 puffed / bishop sleeves. Dress comes in just above and just below the knee lengths with optional pockets. Comes with bust cup sizing A-B / C-D / E-F.

The pattern offers the following options:

**View A** - a top with short sleeves

**View B** - a sleeveless above the knee length dress

**View C** - above the knee length dress with short puffed sleeves

**View D** - below the knee length dress with 3/4 puffed/bishop sleeves

This pattern is designed for **woven fabrics**.

The **sizing** of the pattern is **based on upper and full bust measurement and comes in A-B / C-D / and E-F sewing cups sizing**. See more information in the Sizing section.



## Fabric choice and styling options

- For this top or dress choose light weight **woven fabrics like cotton voile, cotton lawn, rayon, viscose blends, broadcloth, gauze, linen blends**. If you are using any type of crinkle fabric (like crinkle rayon, double gauze) you might need to consider to size down to allow for the extra give that these fabrics provide.
- For more fluid silhouette choose well draping fabrics (like rayon), for more structured – use cotton lawn, linen blends, shirting cotton.
- Make sure not to use heavier fabrics as it might become too bulky at the gathered tiered skirt.
- This pattern has not been tested with low stretch knit fabrics.
- For better results use interfacing for the placket. It will add stability to the neckline.
- The armholes and the back neckline are finished with bindings that are stitched down on the wrong side of the fabric. Use same fabric as your main fabric for bindings or use lighter fabrics. It should be cut on bias for the best results. You can use 7 mm / 1/4 in wide (finished) pre made binding.
- For the pockets use the similar weight fabric as for the bodice.



## Tools and equipment

1. Sewing machine with a straight stitch (for woven fabrics) or zig-zag/stretch stitch (for stretch fabrics).
2. Universal needle 70/10 (woven fabrics) or Jersey needle 70/10 or 80/12 (for stretch fabrics).
3. (optional) Serger/Overlocker.



## Definitions

### What is well draping fabrics?

A fabric with a good drape hangs straight down in many folds and pleats, it doesn't stick to the sides and clings to your body. A well draping fabric is fluid, it moves. Examples are rayon, chiffon, different types of light weight silk, ITY.

A medium drape fabric is still falls down and holds the pleats and gathers. It is still very soft, but not crisp. Examples are cotton voile, broadcloth, double gauze, cotton slub, light weight jerseys.

### What is stable knit fabric?

Stable knits are the knits that have minimal stretch. Sometimes it is also call mechanical stretch, e.g. the stretch that is caused by the weave but not by the contents of the fabric.

Stable knits can be used for woven garments if they can 'behave' like a woven fabric – do not stretch and hold its shape.



## Fabric requirements\* and notions

\* Fabric yardage listed below is approximate and based on the largest size for TALL height option. Depending on your size, width, nap and print of your fabric you may need more or less fabric than stated below.

### Main fabric

Light weight woven fabrics (cotton voile, cotton lawn, broadcloth, double gauze, viscose/rayon, linen blends) .

### 50/60" / 140-160 cm

#### SIZES US0-US12

BODICE WITH SHORT SLEEVES 0.9 m / 1 yd  
 BODICE WITH BISHOP SLEEVES 1.1 m / 1 1/4 yds  
 SKIRT (TOP LENGTH) 71 cm / 28 in  
 SKIRT (ABOVE THE KNEE) 134 cm / 53 in  
 SKIRT (BELOW THE KNEE) 152 cm / 60 in

#### SIZES US14-US22

BODICE WITH SHORT SLEEVES 1.1 m / 1 1/4 yds  
 BODICE WITH BISHOP SLEEVES 1.5 m / 1 2/3 yds  
 SKIRT (TOP LENGTH) 73.5 cm / 29 in  
 SKIRT (ABOVE THE KNEE) 137 cm / 54 in  
 SKIRT (BELOW THE KNEE) 155 cm / 61 in

#### SIZES US24-US30

BODICE WITH SHORT SLEEVES 1.5 m / 1 2/3 yds  
 BODICE WITH BISHOP SLEEVES 2.1 m / 2 1/3 yds  
 SKIRT (TOP LENGTH) 76 cm / 30 in  
 SKIRT (ABOVE THE KNEE) 142 cm / 56 in  
 SKIRT (BELOW THE KNEE) 162.5 cm / 64 in

POCKETS 0.3 m / 3/8 yds (can be cut within bodice yardage)

### SLEEVES

#### Short

US0-US2- 0.3 m / 1/3 yd  
 US4-US30 0.45 m / 1/2 yd

#### Bishop

US0-US12 0.7 m / 3/4 yd  
 US14-US20 0.9 m / 1 yd  
 US22-US30 1.1 m / 1 1/4 yds

### Other notions

1. 7-10 cm / 4 in medium weight non stretch interfacing to stabilize the placket.
2. (optional for pockets) 2 strips of non stretch fusible interfacing approx 20 cm / 8 in long and 20 mm / 3/4 in wide
3. Polyester / Cotton threads



## Sizing

Clothing sizes may vary, so it is essential you pick the right size based on your measurements and sizing chart.

**Do not pick your size based on your store bought clothing.** Always **remeasure yourself** to make sure your measurements are up to date.

This pattern comes in 3 heights, 16 different sizes from US0 to US30. This pattern is drafted for different cup sizes. You can find that information in the sizing guide.



## Choosing your height



This garment is designed for 3 heights and it affects the final fit for the garment at **all vertical measurements** (not only length of the garment, but also for example, armhole depth, depth of the neckline, rise, decorative elements).

**152-160 cm / 5'1" - 5'3" (PETITE)**

**162-170 cm / 5'4" - 5'6" (REGULAR)**

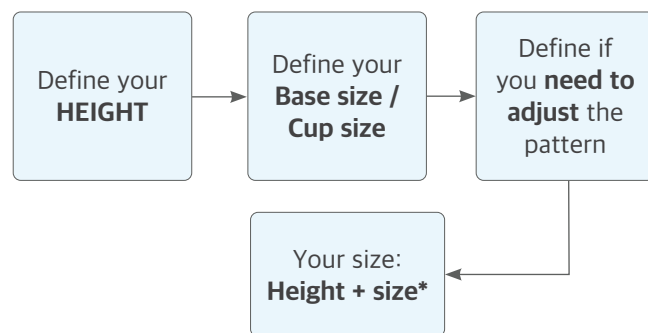
**170-178 cm / 5'7" - 5'9" (TALL)**

If you're somewhere on the boundaries of the heights follow these recommendations:

1. If you have a long torso - choose the next height.
2. If you have long legs - choose the smaller height.
3. If your torso and legs are proportional - choose the next height.

More information on how to choose your height you can find here: <https://sinclairpatterns.com/blogs/sinclair-patterns/what-is-the-difference-between-sinclair-s-petite-regular-and-tall-patterns>

If you want your garment to be longer than it is designed, for example at the hem or sleeves do not choose the next height. You can find more information here: <https://sinclairpatterns.com/blogs/sinclair-patterns/how-to-lengthen-or-shorten-a-pattern>



\* If you need to adjust the pattern (blending sizes), then you will have one base size and additional size (sizes) in order to blend between sizes



## Choosing your base size

**BUST** - measure your **bust at the widest part**. **If in between sizes - go smaller size.**

**UPPER BUST** - holding your measuring tape in the same position at the back measure your chest above the bust. Keep your tape tight to your body.

**Calculate the difference = Bust - Upper bust**

**If the difference is 0-5 cm / 0-2 in** choose your base size based on your BUST measurement in the **BUST A-B** row in the sizing guide. **Your cup size is A-B.**

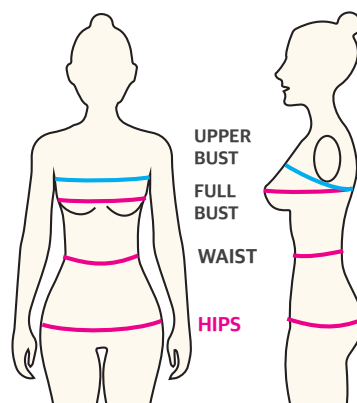
**If the difference is 6-10 cm / 2-4 in** choose your base size based on your BUST measurement in the **BUST C-D** row in the sizing guide. **Your cup size is C-D.**

**If the difference is 11-15 cm / 4-6 in** choose your base size based on your BUST measurement in the **BUST E-F** row in the sizing guide. **Your cup size is E-F.**

**WAIST** - measure your **waist at the narrowest part**, approximately under your last rib.

**HIPS** - measure your **hips at the widest part**.

Adjust the pattern to your waist/hip measurement (see next pages).



\* Take your measurements wearing your regular underwear.

## Sizing guide, inch\*

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
Upper bust	31.3	32.5	33.7	35.0	36.2	36.9	37.5	39.1	41.0	42.8	45.1	47.0	48.9	50.7	52.6	54.4
Full bust A-B	32.4	33.7	34.9	36.2	37.4	38	38.7	40.3	42.2	44	46.3	48.1	50	51.9	53.7	55.6
Full bust C-D	34.4	35.7	36.9	38.1	39.4	40	40.6	42.3	44.1	46	48.3	50.1	52	53.9	55.7	57.6
Full bust E-F	36.4	37.6	38.9	40.1	41.3	42	42.6	44.3	46.1	48	50.2	52.1	54	55.8	57.7	59.6
Waist	23.6	25.2	26.8	28.3	29.9	31.5	33.1	34.6	37.0	39.4	41.7	44.1	46.1	48.0	50.0	52.4
Hips	33.9	35.4	37.0	38.6	40.2	40.9	42.5	44.1	46.5	48.8	51.2	53.5	55.9	58.3	60.6	63.0

## Sizing guide, cm\*

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL	4XL	4XL
Upper bust	79.4	82.6	85.7	88.9	92.0	93.6	95.2	99.4	104.1	108.8	114.6	119.3	124.1	128.8	133.5	138.3
Full bust A-B	82.4	85.6	88.7	91.9	95	96.6	98.2	102.4	107.1	111.8	117.6	122.3	127.1	131.8	136.5	141.3
Full bust C-D	87.4	90.6	93.7	96.9	100	101.6	103.2	107.4	112.1	116.8	122.6	127.3	132.1	136.8	141.5	146.3
Full bust E-F	92.4	95.6	98.7	101.9	105	106.6	108.2	112.4	117.1	121.8	127.6	132.3	137.1	141.8	146.5	151.3
Waist	60	64	68	72	76	80	84	88	94	100	106	112	117	122	127	133
Hips	86	90	94	98	102	104	108	112	118	124	130	136	142	148	154	160

\* Sizing guide Cup based sizing March 2024



### Finished measurements

**Ease of the garment** defines finished **horizontal measurements**. This pattern has the following ease:

**Bust** (positive) check FINAL MEASUREMENTS p.6

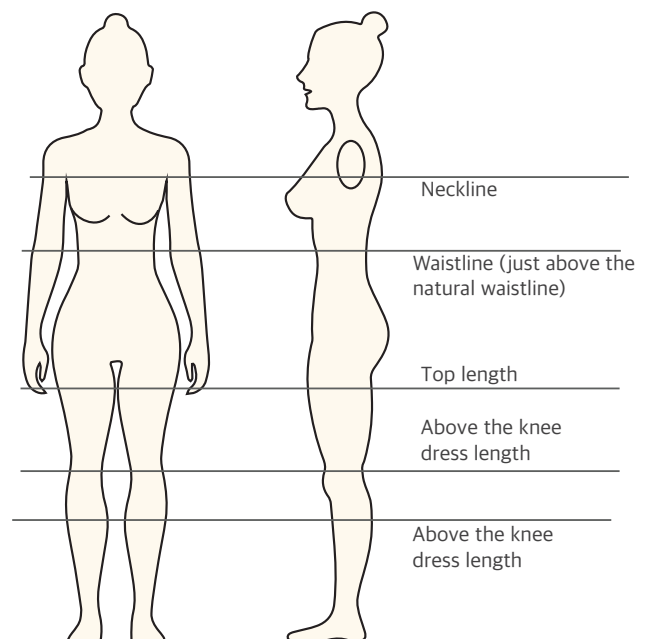
**Waist** (positive) check FINAL MEASUREMENTS p.6

**Hips** (positive) flared with the gathered tiered skirt at your size bust measurement multiplied by 1.3.



### Intended fit of the garment

You can check the intended fit of the garment in the drawing (length). Make note that the intended fit may vary depending on the body proportions.



## FINISHED MEASUREMENTS, IN

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL	4XL	4XL
Finished bust AB	35.7	37	38.3	39.6	40.9	41.5	42.2	43.9	45.8	47.8	50.1	52	54	55.9	57.9	59.8
Finished bust CD	37.3	38.6	39.9	41.1	42.4	43.1	43.7	45.4	47.3	49.3	51.6	53.5	55.5	57.4	59.3	61.3
Finished bust EF	39.3	40.6	41.9	43.1	44.4	45	45.7	47.3	49.3	51.2	53.5	55.4	57.3	59.3	61.2	63.1
Finished waist AB	31.5	32.7	34	35.2	36.5	37.1	37.8	39.4	41.3	43.2	45.6	47.5	49.4	51.3	53.2	55.2
Finished waist CD	33	34.3	35.6	36.8	38.1	38.7	39.3	41	42.9	44.8	47.1	49	50.9	52.9	54.8	56.7
Finished waist EF	35	36.3	37.5	38.8	40	40.7	41.3	43	44.9	46.8	49.1	51	52.9	54.8	56.8	58.7
<b>PETITE 152-160 cm / 5'1" - 5'3" FINISHED SIDE LENGTH</b>																
Top length	16.1	16.2	16.3	16.4	16.5	16.6	16.7	16.7	16.7	16.7	16.7	16.7	16.7	16.7	16.7	16.6
Above knee length	25.7	25.9	26.1	26.3	26.4	26.6	26.8	26.9	27.0	27.1	27.2	27.3	27.3	27.4	27.4	27.5
Below knee length	27.8	28	28.2	28.4	28.6	28.8	29.1	29.2	29.3	29.4	29.5	29.6	29.7	29.8	29.8	29.9
<b>REG 162-170 cm / 5'4" - 5'6" FINISHED SIDE LENGTH</b>																
Top length	17.3	17.4	17.5	17.6	17.7	17.8	17.8	17.9	17.9	17.9	17.9	17.9	17.9	17.8	17.8	17.8
Above knee length	27.4	27.6	27.8	28.0	28.1	28.3	28.5	28.6	28.7	28.8	28.9	29.0	29.0	29.1	29.1	29.2
Below knee length	29.6	29.8	30	30.2	30.4	30.6	30.9	31	31.1	31.2	31.3	31.4	31.5	31.6	31.7	31.7
<b>TALL 170-178 cm / 5'7" - 5'9" FINISHED SIDE LENGTH</b>																
Top length	18.4	18.5	18.7	18.7	18.8	18.9	19	19.1	19.1	19.1	19.1	19.1	19	19	19	18.9
Above knee length	29.1	29.3	29.5	29.6	29.8	30.0	30.2	30.3	30.4	30.5	30.6	30.7	30.7	30.8	30.8	30.9
Below knee length	31.4	31.7	31.9	32.1	32.2	32.4	32.7	32.8	33	33.1	33.1	33.2	33.3	33.4	33.5	33.5

## FINISHED MEASUREMENTS, CM

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL	4XL	4XL
Finished bust AB	90.7	94	97.3	100.6	103.9	105.5	107.2	111.5	116.4	121.3	127.3	132.2	137.1	142	147	151.9
Finished bust CD	94.7	98	101.3	104.5	107.8	109.4	111.1	115.3	120.2	125.2	131.1	135.9	140.9	145.8	150.7	155.6
Finished bust EF	99.8	103	106.3	109.5	112.8	114.4	116	120.2	125.1	130	135.9	140.7	145.6	150.5	155.4	160.3
Finished waist AB	79.9	83.1	86.3	89.5	92.7	94.3	95.9	100.2	105	109.8	115.7	120.6	125.4	130.3	135.2	140.1
Finished waist CD	83.9	87.1	90.3	93.5	96.7	98.3	99.9	104.2	109	113.8	119.7	124.5	129.4	134.3	139.2	144.1
Finished waist EF	88.9	92.1	95.3	98.5	101.7	103.3	104.9	109.1	114	118.8	124.7	129.5	134.4	139.3	144.2	149.1
<b>PETITE 152-160 cm / 5'1" - 5'3" FINISHED SIDE LENGTH</b>																
Top length	40.9	41.2	41.5	41.7	41.9	42.1	42.4	42.5	42.5	42.5	42.5	42.5	42.4	42.4	42.3	42.1
Above knee length	65.2	65.7	66.2	66.7	67.1	67.5	68.1	68.3	68.6	68.9	69.1	69.3	69.4	69.6	69.7	69.8
Below knee length	70.6	71.2	71.7	72.2	72.7	73.2	73.8	74.1	74.4	74.7	75	75.2	75.4	75.6	75.8	76
<b>REG 162-170 cm / 5'4" - 5'6" FINISHED SIDE LENGTH</b>																
Top length	43.9	44.2	44.4	44.7	44.9	45.1	45.3	45.4	45.5	45.5	45.5	45.5	45.4	45.3	45.2	45.1
Above knee length	69.5	70.0	70.5	71.0	71.4	71.8	72.4	72.7	72.9	73.2	73.4	73.6	73.7	73.9	74.0	74.1
Below knee length	75.2	75.8	76.3	76.8	77.3	77.8	78.4	78.7	79	79.3	79.6	79.8	80	80.2	80.4	80.5
<b>TALL 170-178 cm / 5'7" - 5'9" FINISHED SIDE LENGTH</b>																
Top length	46.8	47.1	47.4	47.6	47.8	48	48.3	48.4	48.5	48.5	48.5	48.4	48.3	48.3	48.2	48
Above knee length	73.8	74.4	74.9	75.3	75.7	76.2	76.7	77.0	77.3	77.5	77.7	77.9	78.0	78.2	78.3	78.4
Below knee length	79.8	80.4	81	81.5	81.9	82.4	83	83.3	83.7	84	84.2	84.4	84.6	84.8	85	85.2





## How to adjust the pattern

If according to the measurement guide and sizing recommendations you need to adjust your pattern at the waist or hips, please follow the guide below. Make sure that you measure your natural waist that is located right below your last rib and your hips – at the widest part.

### To grade your waist / hips:

1. At least **2 sizes should be printed** (selected as visible layers).
2. **Find** the corresponding pattern lines – **your base size** and **the size of your waist/hips**.
3. **Draw a new cut line** starting from the corresponding size at the bottom of the dart curving it down to the waist/hips size. Make sure, that **the new curve is similar** in shape to **the original one**.

### IMPORTANT!

The **final waist** is **ranging between 8-14 cm / 3-5 1/2 inches** which allows you **not to adjust your pattern** at the waist/hips to at **least 2 size up**. We do recommend in general to adjust the pattern according to your true measurements. For more details on ease see Final measurements p.6 (previous page).

### Example #1

According to the sizing chart :

**Bust (base size) US14**

Waist US14

Hips US10

The pattern may be adjusted from the bust/waist to the hips from US14 to US10.

### Example #2

According to the sizing chart :

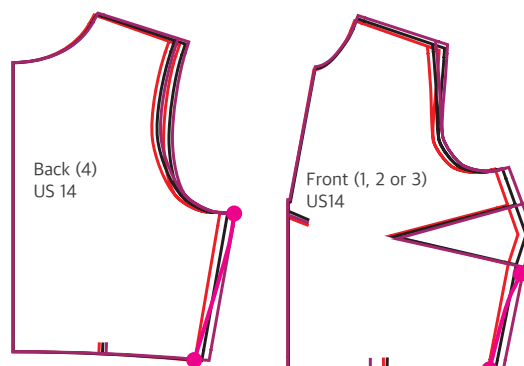
**Bust (base size) US10**

Waist US14

Hips US14

The pattern needs to be adjusted from the bust to the waist/hips from US10 to US14.

## Adjusting bust (US14) to waist/hips (US10)

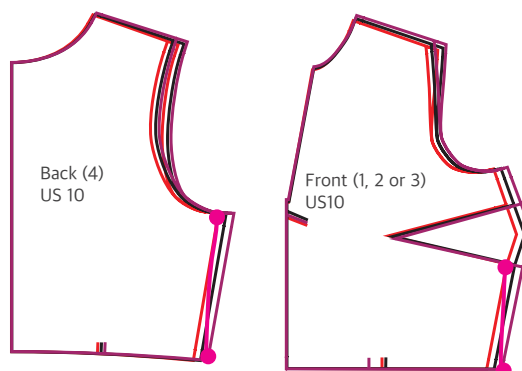


USE US14 PLACKET, NECKLINE BINDING, ARMHOLE BINDING OR SLEEVES AND CUFFS.

USE US10 TIER 1 AND TIER 2 (IF MAKING A DRESS)

**NOTE:** For best results, we recommend closing/folding the darts and blending sizes from the underarm. You may need to true your darts after blending sizes.

## Adjusting bust (US10) to waist/hips (US14)



USE US10 PLACKET, NECKLINE BINDING, ARMHOLE BINDING OR SLEEVES AND CUFFS.

USE US14 TIER 1 AND TIER 2 (IF MAKING A DRESS)



## Other adjustments

We try to draft our patterns to **fit a majority of body types**. However every body is unique and it is **impossible to find a fit that is perfect for everyone without modifications**. You may or may not need to adjust the pattern to your shape.

The best way to **determine if you need any adjustments** is to make a fit test – **make** a muslin (or a **test garment**) using inexpensive fabric that will be similar to your main fabric. **Evaluate the fit** and decide if you need any adjustments.

**Do not decide if you need any adjustments based on your previous experience with clothing made not using Sinclair Patterns.**

Make a note, that it is better to evaluate the fit twice – right after you made a garment and then the next day. In this case the garment will have a 'rest' and you will give it a 'fresh look'.



## Printing and assembling the pattern

This pattern comes in PDF file 4 different formats:

**A4** Designed for European paper standard.

**US Letter** Designed for American paper standard.

**A0/Copy shop** Designed for European paper standard (A0) and American paper standard (Copy shop/Super A0).

**Projector** Designed for use with projectors (paperless).

### LAYERS



The pattern is **layered** which means you can **print/project only sizes that you need**. You need to use **Adobe Acrobat Reader (free)** to use this pattern feature. Each height option is grouped in a separate file.

### How to select sizes/layers to print?

1. **Open the pattern** file with a required height option (PETITE(SHORT)/REG/TALL) **in Acrobat Reader**.
2. Click on the layers icon on the left vertical toolbar or select from the menu **View >> Show/Hide >> Navigation panes>>Layers**.
3. **Deselect or select sizes** that you want to print.

You can find more information on layers here: <https://sinclairpatterns.com/blogs/sinclair-patterns/what-is-a-layered-pdf-pattern-and-how-to-use-it>



## Printing the pattern

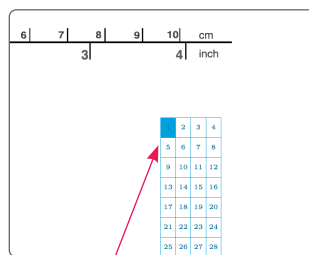
1. Open the pattern file in Adobe Acrobat reader (default pdf opener) and click print.
2. Select on the print menu 'Actual size'.
3. Print Page number 1 of the document.
4. Check the scaling on the page with a ruler according to the instructions given above the scale.
5. If the scaling is right print the rest of the sheets with the same settings.

You can find more information and troubleshooting on printing the pattern here: <https://sinclairpatterns.com/blogs/sinclair-patterns/how-to-print-your-pdf-pattern-and-troubleshooting-guide>

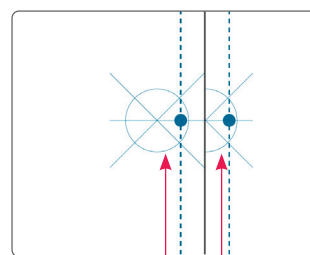


## Assembling the pattern

1. Make a layout of sheets on a big surface according to the pictogram on the each sheet
2. This pattern is TRIMLESS, just overlap the sheets from the right to the left / top to the bottom and match big circles on the short and long sides.
3. Glue sheets together using a glue stick or invisible tape trying to match circles perfectly. I recommend to glue it in the page number order, row by row (1, 2, 3 etc.).
4. Adjust pattern to your measurements before cutting out the pattern parts if needed.



Pictogram is showing the pattern pages layout. Highlighted number is your current page.

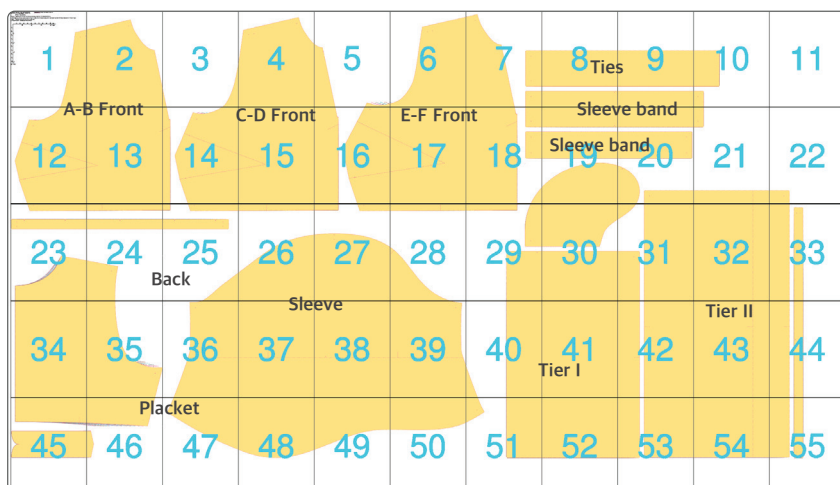


Overlap and match the circles and tape/glue the sheets together

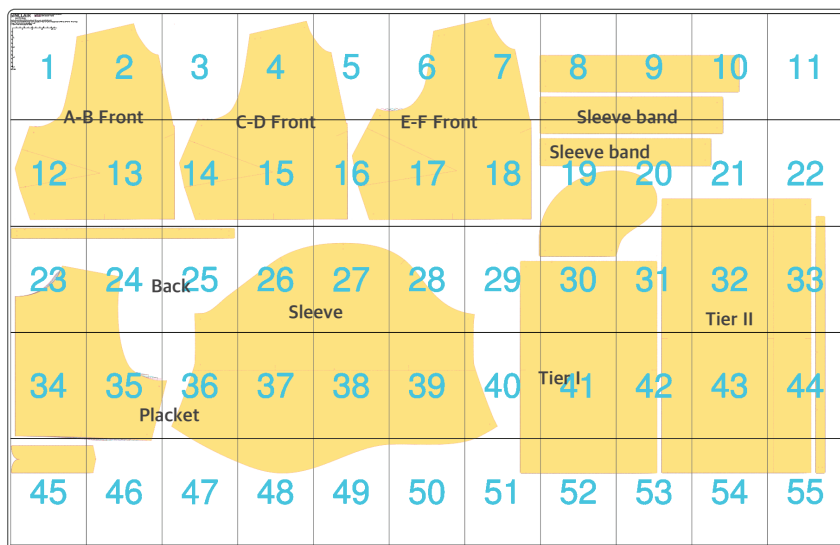


## Printing layouts

Preview US Letter Reg



Preview A4 Reg





## Hem and seam allowances

The **pattern** already **has all seam allowances** needed. The seam allowance information is stated on each part of the pattern unless otherwise stated right on the curve.

Pay attention to the armhole, neckline, lining seam allowances – they may be different from standard seam allowances.

### ALL SEAM AND HEM ALLOWANCES ARE INCLUDED

**SEAM: 15 mm - 5/8 in (all seams except for the armhole / neckline seams 10 mm / 3/8 in)**

Unless marked differently on the pattern part

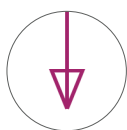
**HEM: 15 mm / 5/8 in**



## Pattern definitions



Solid/Dashed line  
– Cut lines  
Small circles  
indicate seam  
allowance.



Grainline – shows a  
longwise direction  
of a fabric.



Notch – a mark  
to match pattern  
pieces together.



Marking dot – used  
for a reference, for  
example as a pocket  
opening guide.



Pattern part number and  
name – used as a refer-  
ence in the tutorial.



## Sewing with wovens

This garment is designed for light-weight woven fabrics with good and medium drape. Some these fabrics may require you to use Universal needles size 70/10 or Microtex needles for your sewing machine to provide better outcome.

For this pattern you can finish your seams in two different ways.

### Option #1 (standard method)

1) Sew your seams using a medium straight stitch with your sewing machine at the seam allowances stated (10mm / 3/8 in or 15 mm / 5/8 in)

2) For fabrics that fray (chiffon, rayon challis, viscose, gauze) make a second row of stitching 1-2 mm / 1/12-1/8 in away from the original seam towards the seam allowance.

3) Overcast edges together, using zig-zag, overlock imitation stitch or a serger.

### Option #2 (French seams)

French seams allow you to use only sewing machine and make seams that are fully enclosed, so there are no exposed edges inside the garment. This method requires more time, but gives a nice and clean finish.

Step by step instructions you can find further in the tutorial under sewing steps.



## Sewing with knits

For this pattern, if you are using very stable knits you can use Option #1 for sewing Woven fabrics for finishing your seams.

For other types of knit fabrics use standard finishings designed for knit fabrics. Every step of the tutorial gives you information on how you can finish seams or hems, including information on your seam allowances.

If you have both a serger and a sewing machine you may combine sewing techniques listed below to your liking.

### Seams can be done using:

- sewing machine (zig-zag or stretch stitch)
- overlocker/serger (3 or 4 thread stitch)

### Hems and topstitching can be done using:

- sewing machine (zig-zag, stretch stitch or stretch stitch made with double needle)
- coverstitch machine

Detailed **introduction to sewing with knit fabrics**, you can find it here: <https://sinclairpatterns.com/blogs/sinclair-patterns/introduction-to-sewing-knit-fabrics>



## Making a muslin

Before making a top or a dress using your good fabric, make sure to get the fit right by sewing a muslin and adjusting it if needed.

Use light weight woven fabrics, similar to the fabric that you have chosen for your main garment. Light weight calico or quilting cotton, as well as an old sheet, would be a great choice of fabric for a muslin.

To make a muslin, adjust the pattern according to the blending tutorial on Page 7.

Cut the following pattern parts:

**Front (1, 2 or 3)** - Cut 1 on FOLD

**Back (4)** - Cut 1 on FOLD

**Placket (5)** - Cut 2 main fabrics, (optional) Cut 1 interfacing if you'd like to make a wearable muslin later

**(optional) Sleeve (11)** - Cut 1

**(optional) Sleeve bands (12 or 13)** - Cut 1

IMPORTANT! Transfer placket markings and dart markings to the Front.

### Follow these steps to complete the muslin:

Steps 1, 2 - Prepare and attach the placket

Step 3 - Finish darts

Step 4 - Finish shoulder seams

Step 12 - Finish side seams

### Optional

Step 14 - Prepare the sleeves

Step 15 - Attach the sleeves

## Assess the fit

1. Are the darts in the correct position? - They might need to be lowered or lifted up.
2. Does the waistline seem to be leveled?
3. Are there any drag lines along the armhole or under the armhole that can indicate that you might need to adjust a shoulder slope? Try to adjust the shoulder slope.
4. Does the overall ease around the bust matches the ease in the tutorial? If not - recheck your printing/projecting scale, recheck your measurements.
5. Do you have extra fabric at the front armhole that has not changed once you adjusted the shoulder slope - maybe you need to consider a next cup size up?



## How to move darts

The darts on your dress should be 7-15 mm / 1/4-5/8 in lower than your bust apex. The dart should not reach the bust apex (it is made shorter).

If your dart is located too high or too low, follow these steps to change its position.

### Step 1

Put on your muslin and mark your new dart peak position just below/above the original's dart pointy end. The marking should be 7-10 mm / 1/4-3/8 in below your bust apex, 30-35 mm - 1 1/4 in away from the bust apex.

### Step 2

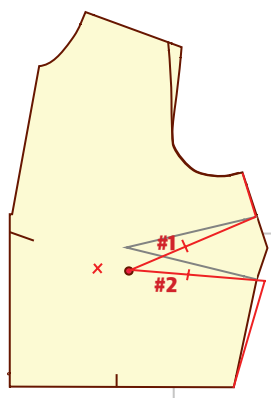
Measure the difference between the old and new dart position vertically.

### Step 3

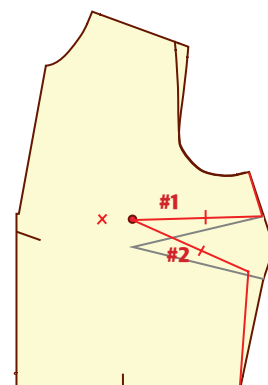
Transfer the new dart pointy end position to the paper pattern / your digital projector file.

### Step 4

1. Draw a new line from the new dart center to the top end of the dart (line #1 in the picture).
2. Draw a second leg of the dart to the bottom end of the dart (line #2).
3. Measure the top leg length (#1) and adjust the length of the bottom leg (#2) to match.
4. Adjust the side seam under the bottom leg.



Lowering the dart



Raising the dart



## Cutting list and cutting layout

Cut pattern parts according to your Bust cup size (A-B / C-D or E-F)

Front (1) Cups A-B  
Front (2) Cups C-D  
Front (3) Cups E-F

**Front (1, 2 or 3)** - Cut 1 on FOLD and mark darts on the wrong side of fabric and the placket lines on the right side of fabric

**Back (4)** - Cut 1 on FOLD

**Placket (5)** - Cut 3 (2 x Main fabric and 1 x Fusible interfacing)

**Neckline binding (6)** - Cut 1

**Skirt Tier One (7)** - (for view A-D)

Cut 2 on FOLD and mark pocket placement notches if installing pockets

**Skirt Tier Two (8)** - (for view B-D)

Cut 2 on FOLD on full length (below the knee length) or on shorter length (above the knee length).

**(optional) Back ties (14)** - Cut 2 on Fold

**Sleeveless version:**

**Armhole binding (10)** - Cut 2 on BIAS

\* Please do not use pre-made binding for the best results

**Short puffed sleeves:**

**Short sleeve (11)** - Cut 2 MIRRORED on Short sleeve line

**Short sleeve band (12)** - Cut 2

**3/4 puffed/bishop sleeves version:**

**3/4 sleeve (11)** - Cut 2 MIRRORED on full length

**3/4 sleeve band (13)** - Cut 2

**Views B-D only (dress with pockets):**

- Inseam pocket (9)** - Cut 4 MIRRORED MAIN FABRIC or LINING
- ADDITIONAL (optional): FUSIBLE INTERFACING**  
Cut 4 pieces 200x25 mm / 7 7/8 x 1 in to reinforce pocket openings on the bodice

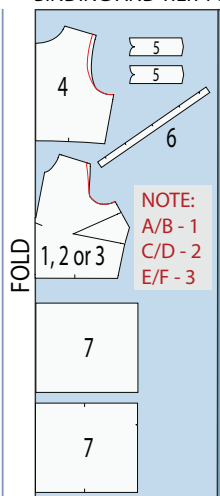
After cutting the pattern pieces mark:

- mark all the notches on all pattern parts
- mark pocket location
- mark the notches on the tiered parts for gathering fabric
- if you fabric doesn't have a definite right and wrong side - mark the wrong side of fabric.

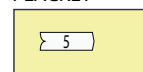
MAIN FABRIC  
50/60" / 140-160 cm

FOR ALL VERSIONS (TOP AND DRESS)  
(CUT ON THE RED LINE FOR SLEEVELESS)

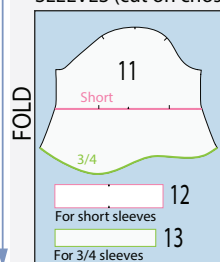
BODICE, PLACKET, NECKLINE  
BINDING AND TIER 1 SKIRT



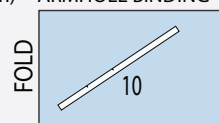
INTERFACING  
PLACKET



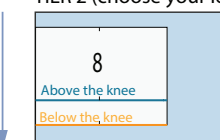
FOR SLEEVED VERSION ONLY  
SLEEVES (cut on chosen length)



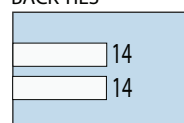
FOR SLEEVELESS VERSION ONLY  
ARMHOLE BINDING



FOR DRESS VERSION ONLY  
TIER 2 (choose your length)



OPTIONAL  
BACK TIES

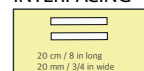


MAIN/LINING FABRIC  
50/60" / 140-160 cm

OPTIONAL  
POCKET BAG



INTERFACING



### How to add another tier to the skirt?

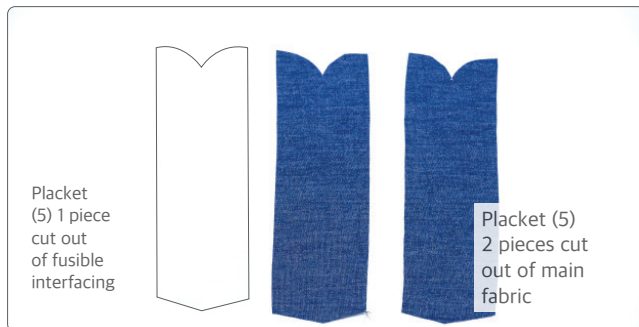
1. Measure the length of the second tier.
2. Cut x 2 pieces of the fabric equal to the height of the second tier by width of the second tier multiplied by 1.3 (H x W\*1.3). If your tier is wider than the width of fabric, add joining seams.
3. Add gathering markings at 1/2 of the width.
4. Add the extra tier after completing Step 9.



## 1

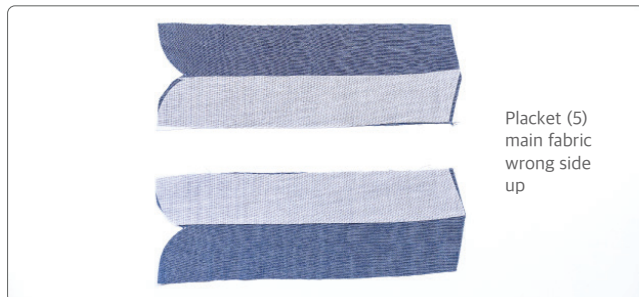
### Prepare the placket and the Front

1. For your placket you should have 2x Placket (5) cut out of main fabric and 1x Placket (5) cut out of fusible interfacing. It is highly recommended to interface the placket for stability.

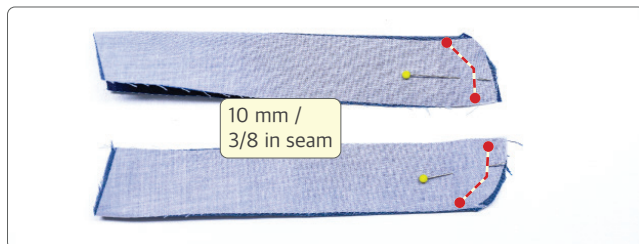


2. Cut the fusible interfacing Placket along the vertical fold.

3. Apply strips of fusible interfacing to one of the sides of the main fabric Placket on the wrong side of fabric using a steam iron.



4. Fold the plackets in half lengthwise with the RIGHT sides together, match the curvy ends, pin and stitch at 10 mm / 3/8 in using a regular straight stitch with your sewing machine.



5. Clip into the seam allowance along the seam. Trim the corner at the fold.



6. Turn the plackets to the right side and press well. The plackets are now ready to be attached to the Front.



7. On the wrong side of the Front apply a 20 x 40 mm / 3/4 x 1 5/8 in of fusible interfacing just below the V neckline, along the placket bottom edge..



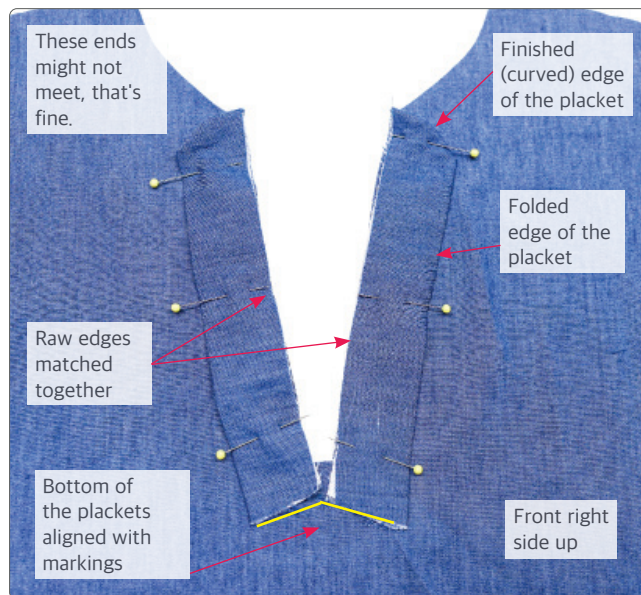
8. Transfer placket alignment markings to the right side of the Front using a removable textile marker or a tailor's chalk.



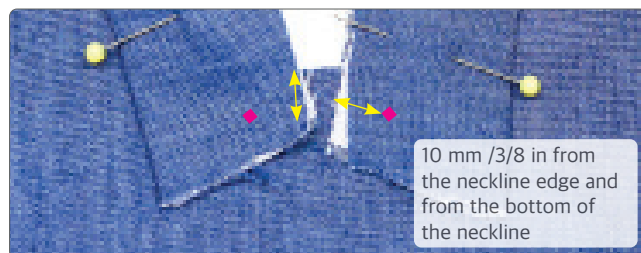


## 2 Attach placket

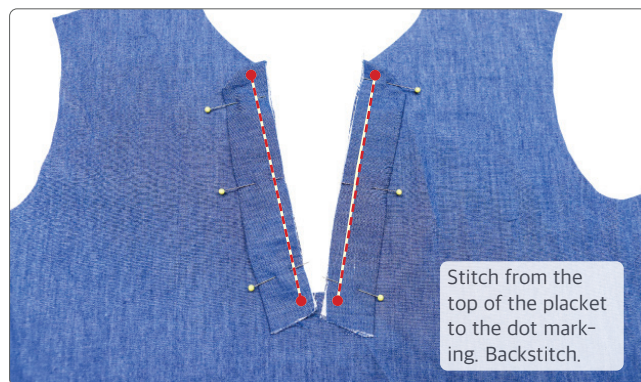
1. With the right sides together match the raw edge of the plackets with each side of the neckline. **IMPORTANT!** Align the bottom of the plackets (raw edges) with the markings that we made in the previous step.



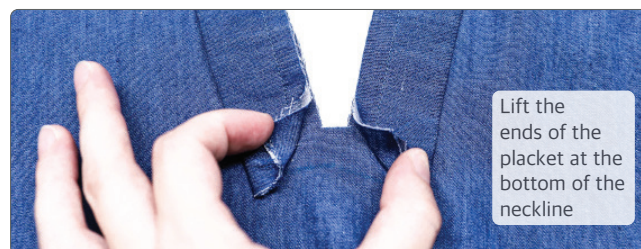
2. At the bottom of the plackets mark an end point for your stitching. It should be 10 mm away from the each side. Make sure you mark it as a dot that will be well visible when stitching.



3. Stitch the plackets to the neckline from the top end to the marked dot at 10 mm / 3/8 in using a regular straight stitch. Backstitch.



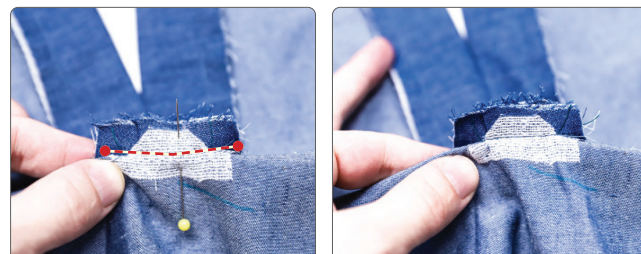
4. Lift the ends of the placket at the bottom neckline up and clip into the corners to the ends of the stitching. Leave 1-2 mm / 1/12 in not cut.



5. Flip the placket to the wrong side of fabric and match the ends of the placket. They should match into a line.



6. Stitch the ends of the placket and the cutout neckline end together with a straight stitch (should be at around 10 mm / 3/8 in)



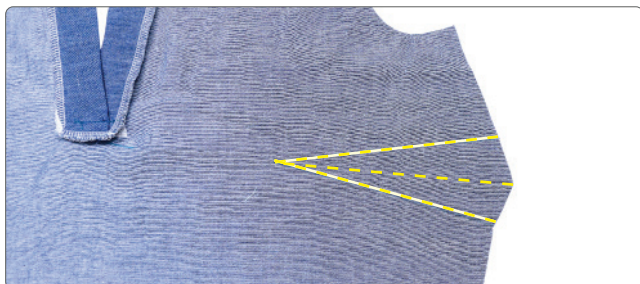
7. Overcast raw edges of the placket with a zig-zag, overlock imitation stitch or using a 4-thread overlocker.



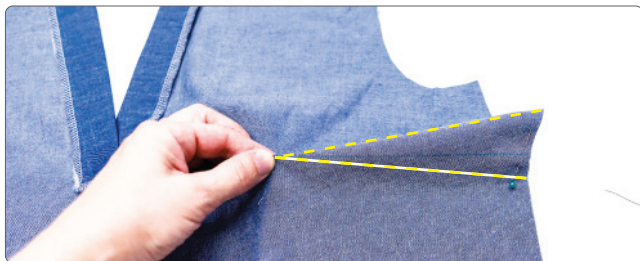


## 3 Finish darts

1. Transfer dart markings to the wrong side of the Front. Make sure to clearly mark the ends of the darts.



2. Fold the dart in the middle (dashed line in the picture above), matching the sides with the right sides together.
3. Press the dart with a steam iron for the best results.



6. Stitch the darts from the side seams to the center. Backstitch or tie the ends of the stitching at the end of the stitching.



7. Press the darts down.



## 4 Finish shoulder seams

1. With the right sides together match Front and Back at the shoulder seams and pin.
2. Finish the shoulder seams at 15 mm / 5/8 in using a regular straight stitch with your sewing machine.
3. Overcast the seams with a zig-zag, overlock imitation stitch or using a 4-thread overlocker.
4. Press the seams towards the back.



5. (optional) Topstitch the shoulder seam through the Back and the seam allowance at 3-4 mm / 1/12-1/8 in using a regular straight stitch.

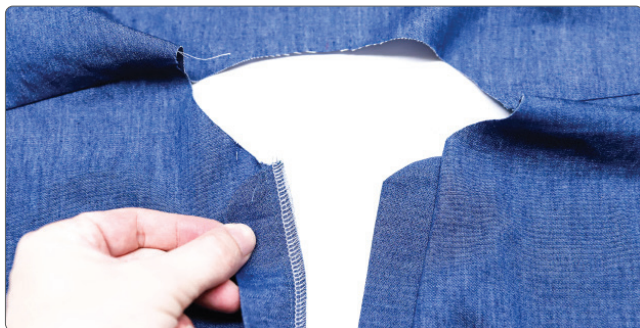




## 5

## Finish the neckline - Part I

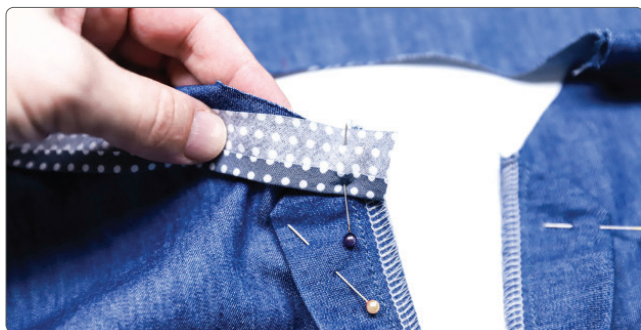
1. Flip the placket back so its wrong side is facing up and pin the ends to keep them away for this step. Please see the pictures below for the reference.



2. Create a memory crease on the Neckline binding (6) at 7 mm / 1/4 in by turning under to the wrong side of fabric one of the long edges.



3. With the right sides together match raw edges of the neckline and the Neckline binding. Make sure the folded end of the binding is aligned with the placket seam.



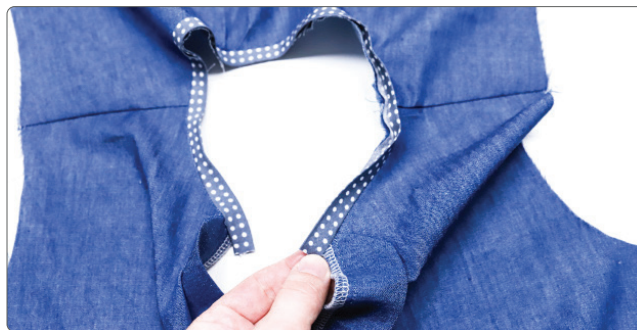
4. Match notches on the binding with the shoulder seams, the center back and the ends of the neckline. The binding is slightly longer than the neckline.

5. Stitch the binding to the neckline at 7 mm / 1/4 in using a regular straight stitch.



6. Turn the binding to the right side. Press the seam towards the binding.

7. Understitch the binding through the binding and the seam allowance at 1-2 mm / 1/12 in from the seam using a regular straight stitch.





## 6

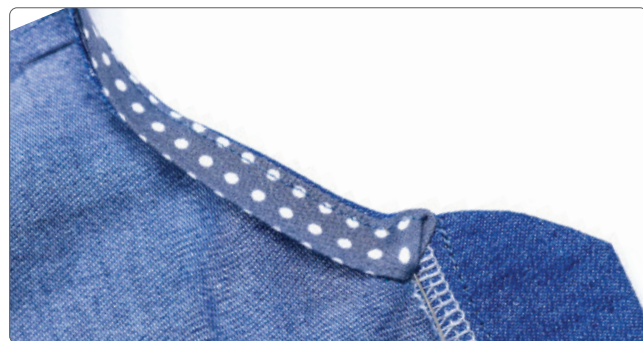
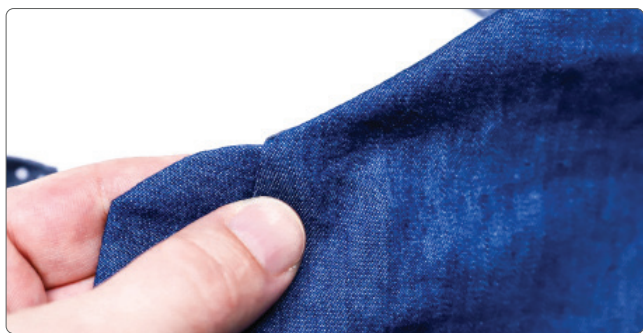
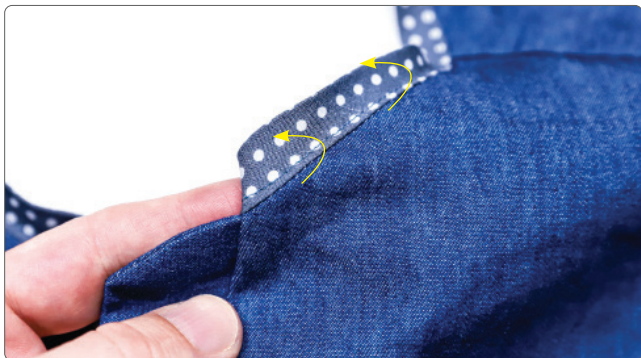
## Finish the neckline - Part II

1. Trim the ends of the bindings to match the placket seam.



2. Turn the binding to the wrong side of the neckline and press. Slightly roll the main fabric to the wrong side of fabric.

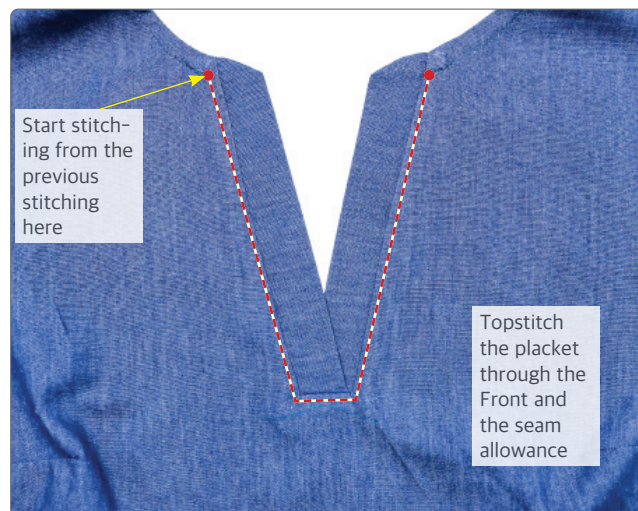
3. Pin the folded edge of the binding to the neckline.



4. Stitch the folded edge of the binding down at 1-2 mm / 1/12 in from the folded edge using a regular straight stitch. For the best results (eliminate puckering) it is recommended to hand baste and then press the binding before finishing it with a sewing machine.

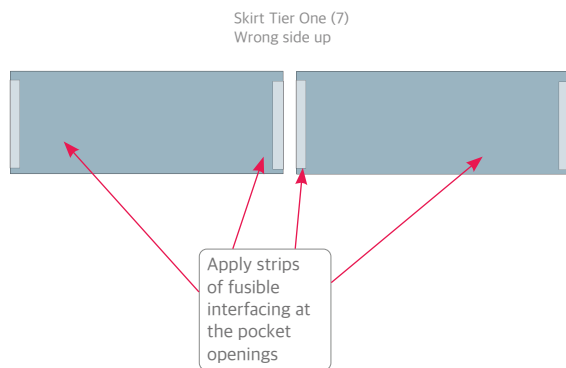


5. Topstitch the placket around the seam through the bodice and the seam allowance at 1-2 mm / 1/12 in from the seam using your sewing machine. Start stitching from the previous stitching (binding).

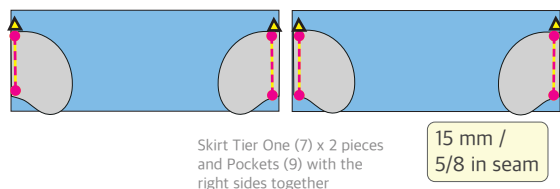


## 7 (Views B-D, dress, optional) Attach pocket bags

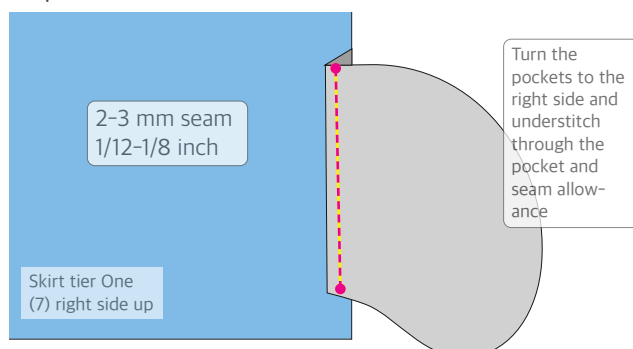
1. Place strips of fusible interfacing at the pocket openings on the Skirt Tier One (7) down from the notch markings on the wrong side of fabric. Use steam iron to fuse the interfacing onto the fabric.



2. With the right sides together match the top of the pockets with the notch on the Skirt Tier One (7). Pin and stitch the pockets to the Skirt Tier One (2 x pieces) at 15 mm / 5/8 in using a regular straight stitch with your sewing machine. Overcast edges together zig-zag or overlock imitation stitch with your sewing machine or a serger.

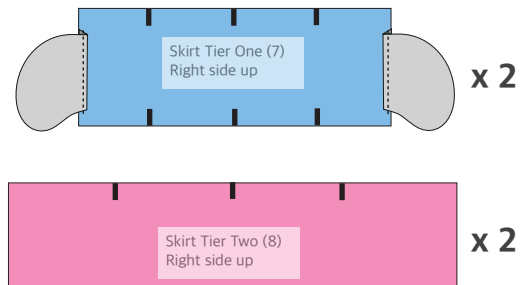


3. Turn the pockets to the right side and press the seam towards the pocket. Understitch the pocket through the pocket and the seam allowance from the right side of fabric at 2-3 mm / 1/12-1/8 in using a medium length straight stitch. The pockets are now ready for the next steps.

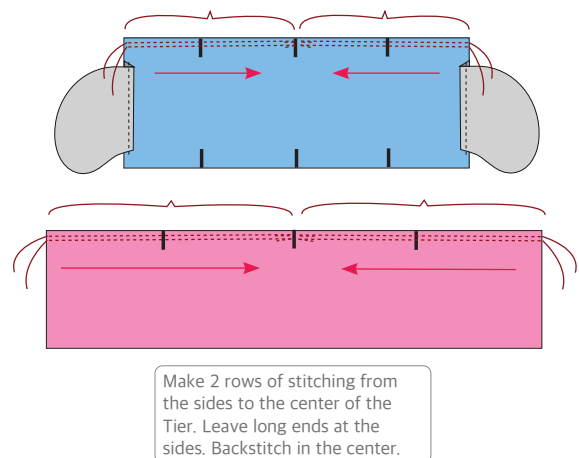


## 8 Prepare tiers for the skirt

1. Transfer dash markings to the Skirt Tier One (7) and (if making a dress) Skirt Tier Two (8). These dash markings will help us to match the tiers.



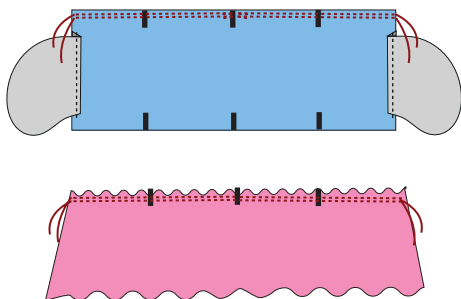
2. Make 2 rows of stitching from the sides of the Tiers to the central dash markings. Backstitch at the center. Leave long thread ends at the sides for gathering fabrics.



4. Make sure you have 2 x prepared Skirt Tier one and 2 x prepared Skirt Tier Two.

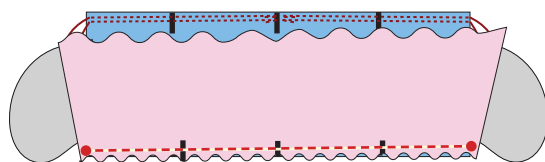
## 9 (Views B-D, dress) Finish tiers

1. Place First and Second tiers under each other. Pull the threads on the Skirt Tier Two to match the notches on the Skirt Tier One.



Pull the ends of the threads on the Tier Two to create gathers and match the width of the Tier One

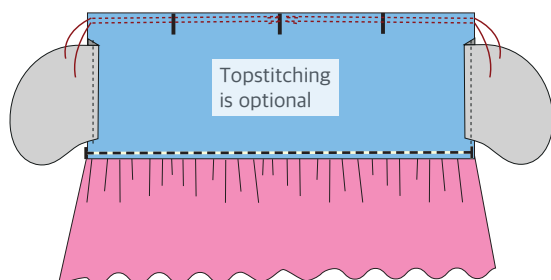
2. With the right sides together match the tiers and pin at the dash markings only.
3. Distribute gathers between pins and add more pins to secure the layers together.
4. Stitch the Tiers with the right sides together at 15 mm / 5/8 in using a regular straight stitch. For the best results keep the Tier One facing up.
5. Overcast the seams with a zig-zag, overlock imitation stitch or using a 4-thread overlocker.



Tier One and Tier two with the right sides together

15 mm / 5/8 in seam

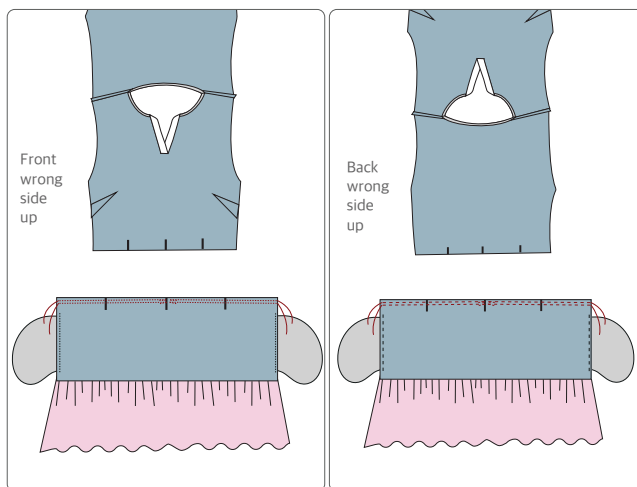
6. Press the seam towards the Tier One if you would like to topstitch the seam.
7. (optional) Topstitch the seam through the Tier one and the seam allowance at 3-7 mm / 1/12-1/4 in using a regular straight stitch.



Topstitching is optional

## 10 Attach tiers to the bodice

1. Place one of the tiered skirt under the Front (waistline on the Front bodice) and the other under the Back waistline. Pull the threads on the Skirt to match the notches on bodice.

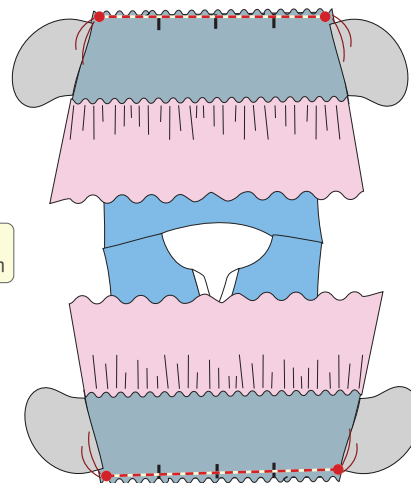


2. With the right sides together match the dash markings on the Front/Back with the dash markings on top of the skirt.
3. Distribute gathers between pins and add more pins to secure the layers together.
4. Stitch the skirt parts to the Front/Back with the right sides together at 15 mm / 5/8 in using a regular straight stitch.
5. Overcast the seams with a zig-zag, overlock imitation stitch or using a 4-thread overlocker.

Back bodice and the skirt with the right sides together

15 mm / 5/8 in seam

Front bodice and the skirt with the right sides together



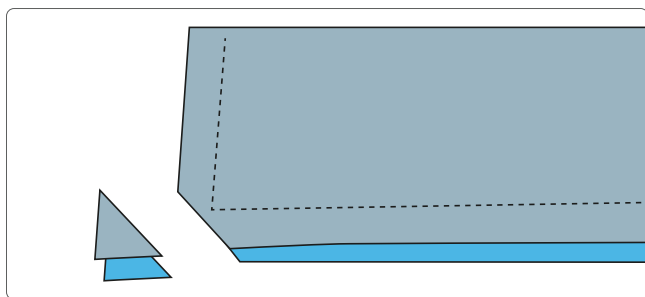
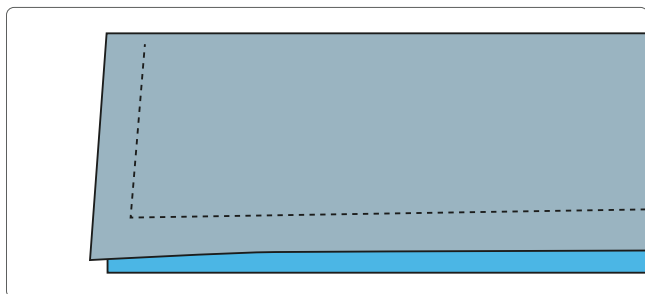
## 11 (optional) Add back ties

1. (optional for light weight fabrics) Apply fusible interfacing to the wrong side of the ties using a steam iron.
2. With the right sides together fold the Back ties (14) lengthwise and stitch at one of the short sides and long side at 15 mm / 5/8 in.
3. Clip the corners and turn the ties to the right side of fabric. Poke the corners and press well.



Back ties (14) with the right sides together

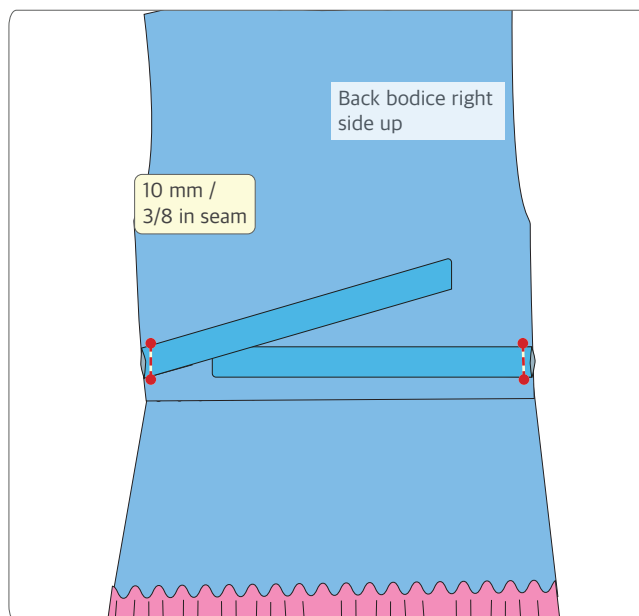
15 mm / 5/8 in seam



4. (optional) Topstitch the ties around the edges at 1-2 mm / 1/12 in using a regular straight stitch.



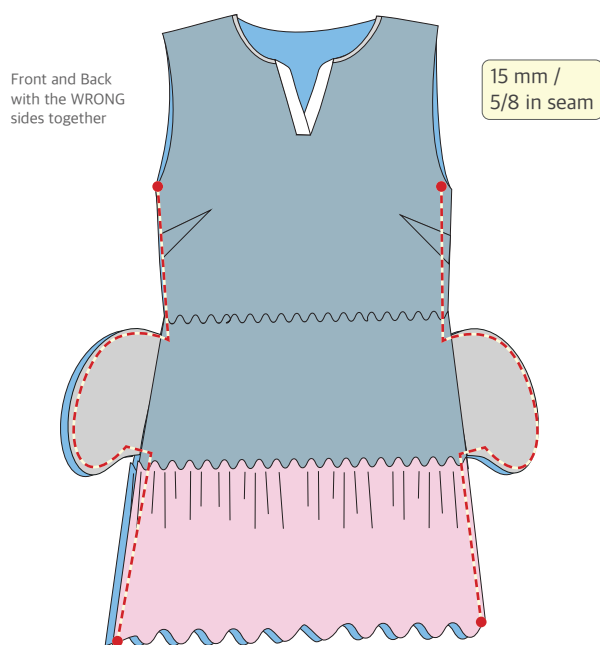
5. Align the ties with the Back bodice at 20 mm / above the waistline (raw edge) and pin.
6. Secure the ties with a basting stitch at 10 mm / 3/8 in using a regular straight stitch.
7. Roll and secure the ties to the back bodice so they don't get caught into the seams in the next steps.



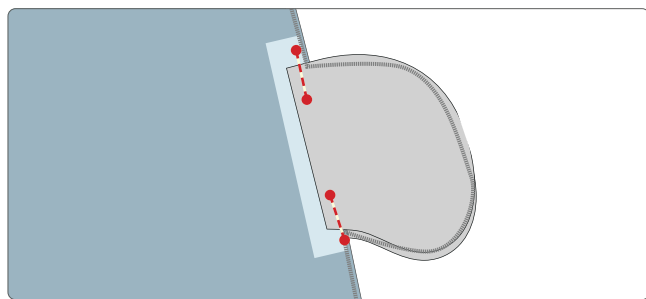


## 12 (Dress with pockets) Finish side seams

1. With the right sides together match the side seams of the Front and Back, match seams at the tiers, match and pin pockets.
2. Stitch them together at 15 mm / 5/8 in using a regular straight stitch.
3. Overcast edges together using a zig-zag stitch or overlock imitation stitch with your sewing machine or with a 4-thread overlocker (serger).
4. Press the seams towards the back.

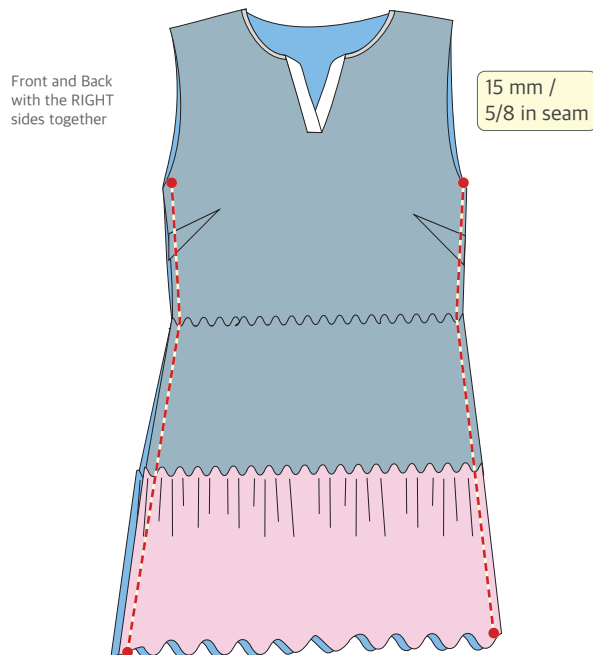


4. Secure the pocket openings by stitching along the seams 25 mm / 1 in from the top and the same amount from the bottom of the pocket opening.



## 13 (Top/dress without pockets) Finish side seams

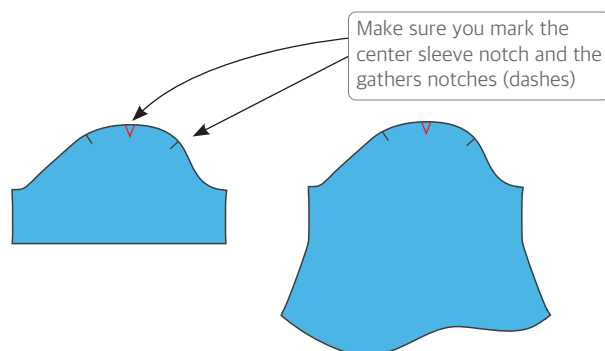
1. **(Standard option)** With the right sides together, **match, pin and stitch Front (1, 2 or 3) and the Back (4) at 15 mm / 5/8 in**, using a medium length straight stitch with your sewing machine. If sewing with knits you can use 4-threads overlock stitch (serger). Overcast edges together, using zig-zag or overlock imitation stitch.



2. **Option #2 (French seams).** With the wrong sides together match, pin and **stitch Front (1, 2 or 3) and the Back (4) at the side seams seam at 7 mm / 1/4 in**, using a medium length straight stitch with your sewing machine. Trim the seam to 3-4 mm / 1/8-1/6 in.
3. Press the seam well and turn the bodice to the wrong side. Pin and stitch at the seams at **10 mm / 3/8 in** using a medium length straight stitch to enclose the previous trimmed stitch.

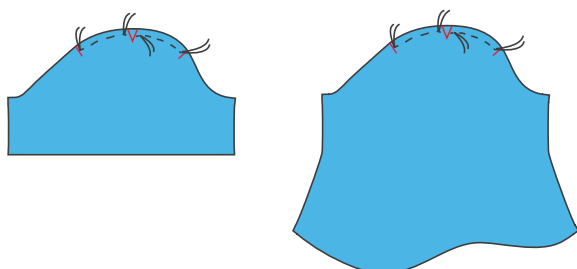
## 14 (Short/3/4 sleeves version) Finish sleeves - Part I

1. In this step we are going to prepare sleeves before the installation.
2. Mark the notches on the cap of the **Sleeves (11)**. We are going to gather the fabric between these notches.



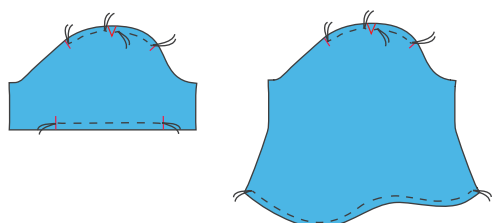
Sleeves (11) - Short length of Full length

3. Using your sewing machine stitch inside the 7 mm / 1/4 in seam allowance between the notch in the middle of the sleeve cap and the notches to the left and another one to the right. Leave long thread ends (approx 4-6 in).



4. Mark the notches on the hem of the **Sleeves (11) short length**. We are going to gather the fabric between these notches for the short sleeve. Please note, that there are no notches on the **Full length sleeves**, as they are gathered all the way around.

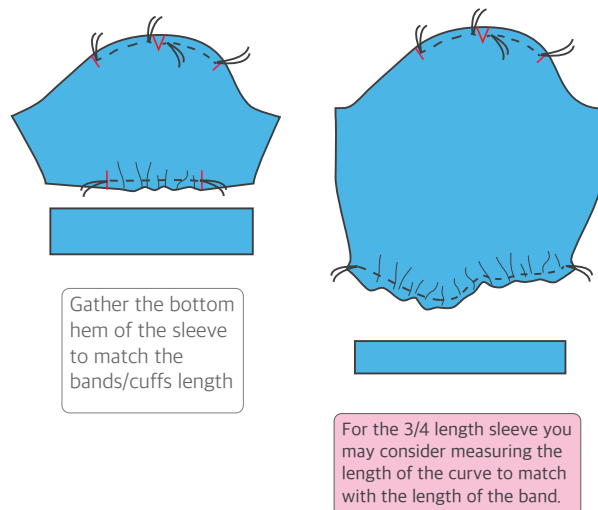
5. Have the matching bands/cuffs for the sleeves handy. We are going to match the length of the gathered segment with the bands/cuffs - Short sleeve band (12) for short sleeves and 3/4 sleeve band (13) for the 3/4 sleeves.



Short sleeve - stitch between notches on the hem

3/4 sleeve - stitch all along the hem

6. Gently pull the threads to gather the fabrics. Gather the fabric until the length of the gathered segment is equal to the matching band length. **MAKE SURE** you're using the correct band for your sleeve.

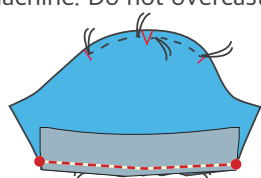


7. Tie the ends of the threads on the hems or secure them with pins. Press the gathers.
8. (optional) Secure the gathers by stitching on top of them with your sewing machine inside the 7 mm / 1/4 in seam allowance.



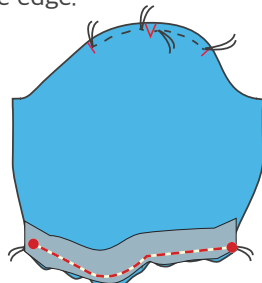
## 15 (Short/3/4 sleeves version) Finish sleeves - Part II

1. With the right sides together match the Sleeve bands (12 or 13) with the bottom hem of the sleeve and pin. Adjust the gathers if needed. Make sure the length of the sleeve hem and the band match.
2. Stitch bands to the sleeves at the hems at 15 mm / 5/8 in using a regular straight stitch with your sewing machine. Do not overcast the edge.



15 mm /  
5/8 in seam

Short sleeve and  
Short sleeve band (12)  
with the right sides  
together

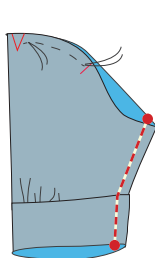
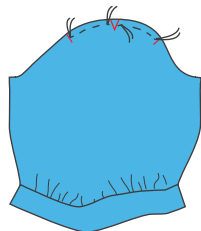
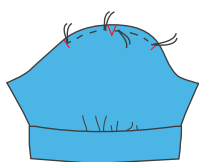


3/4 sleeve and 3/4  
sleeve band (13)  
with the right sides  
together

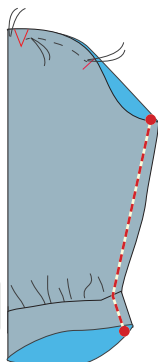
3. Flip the bands to the right side and press along the seam.

4. With the right sides together match each sleeve's sides, all the way down to the bands and pin. Stitch the sleeve sides at 15 mm / 5/8 in using a regular straight stitch with your sewing machine. Overcast the edges if required. Alternatively finish the seams using French seams method, explained in Step 12-3 and 12-4.

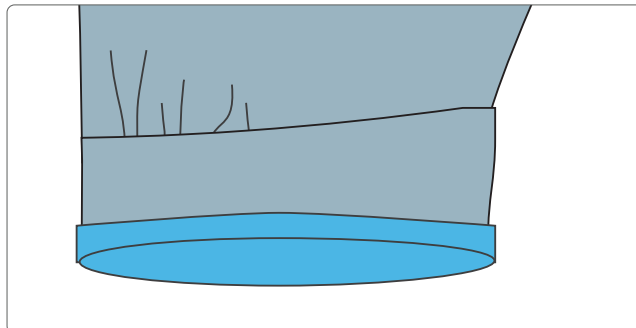
5. Press the seam well.



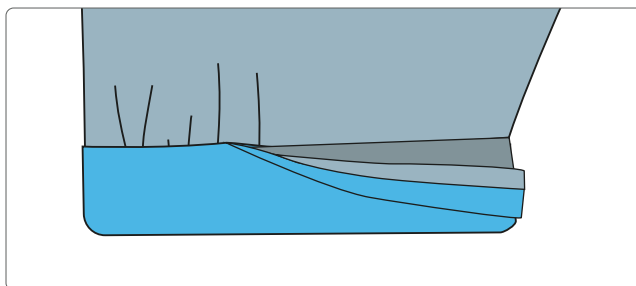
15 mm /  
5/8 in seam



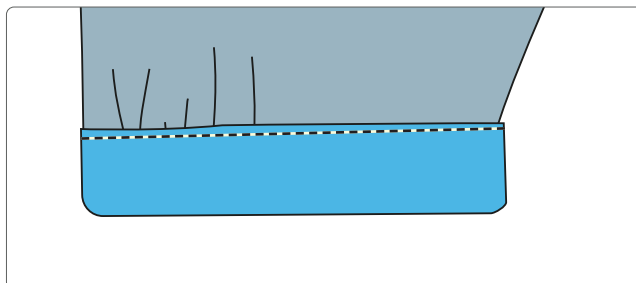
6. Press the bottom of the sleeve (band) under to the wrong side of fabric at 15 mm / 5/8 in.



7. Fold the Bands to the wrong side of fabric and overlap the previous seam by 1-2 mm / 1/12 in and pin.



8. Topstitch the bands in place from the right side of fabric at 1-2 mm / 1/12 in from the seam.

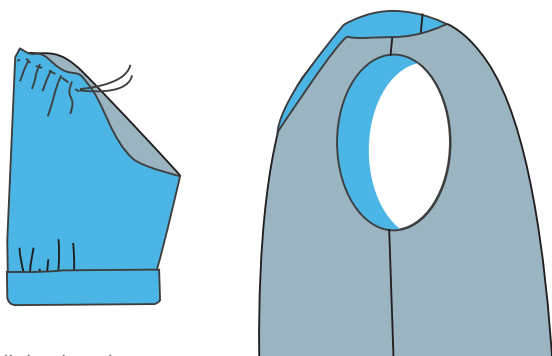
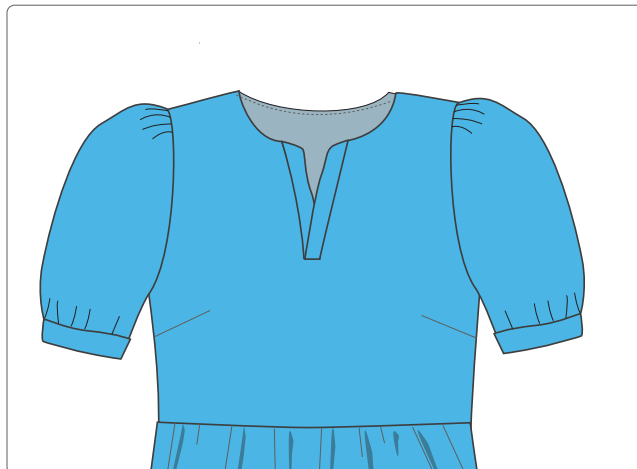


## 16

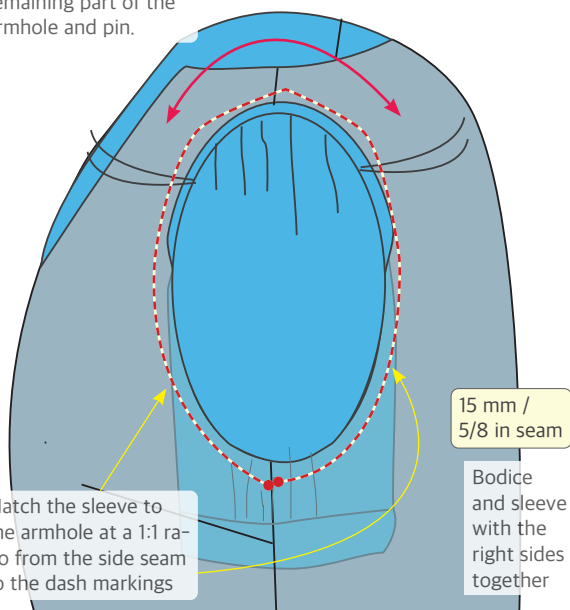
## (Short/3/4 sleeves version) Set in sleeves

1. With the right sides together match the Sleeve seam with the underarm seam on the bodice. Make sure that the front of the sleeve is matched with the front armhole.
2. Pin the sleeve to the armhole all the way up to the dash marking at the front and back armhole. Pull the threads on the sleeve to adjust gathers to match the remaining part of the armhole and pin.
3. Stitch the sleeve to the armhole at 15 mm / 5/8 in using a regular straight stitch with your sewing machine.
4. Overcast edges together using a zig-zag stitch or overlock imitation stitch with your sewing machine or with a 4-thread overlocker (serger).

5. Press the seams well.

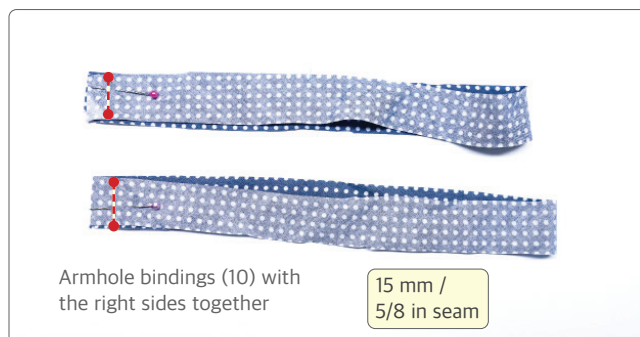


Pull the threads on the sleeve to adjust gathers to match the remaining part of the armhole and pin.

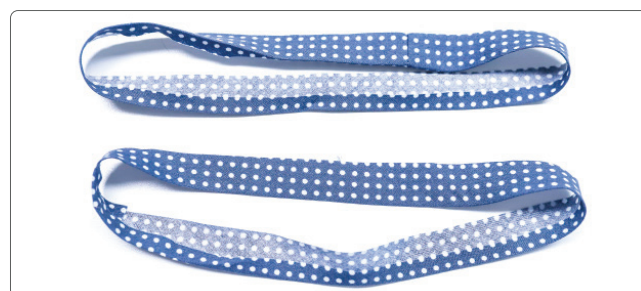


## 17 (Sleeveless version) Finish the armholes with bindings - Part I

1. With the right sides together match short ends of the Armhole bindings (10), pin and stitch at 15 mm / 5/8 in using a regular straight stitch.
2. Press the seam open.



3. Turn one of the long edges under at 7 mm / 1/4 in and press to create a memory crease.



4. With the right sides together match the armhole and the Armhole binding at the side seam, match the central notch with the shoulder seam.



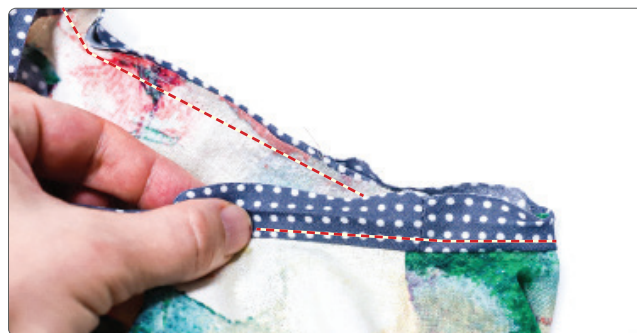
5. Pin the rest of the binding to the armhole. Do not stretch the binding.

6. Stitch the binding to the armhole at 7 mm / 1/4 in using a regular straight stitch with your sewing machine.



7. Press the binding towards the seam allowance.

8. Understitch the binding through the binding and the seam allowance at 1-2 mm / 1/12 in from the seam using a regular straight stitch with your sewing machine.





## 18 (Sleeveless version) Finish the armholes with bindings - Part II

1. Turn the binding to the wrong side of the bodice, so it cover the seam. Slightly roll the bodice to the wrong side of fabric to make sure the binding is not visible from the right side of the bodice when finished.



2. Slightly stretch the binding on the folded edge to match the length of the armhole. Pin the binding along the folded edge.

3. (optional) For the best results, to eliminate puckering along the armhole when the binding is finished, hand baste the binding and then press well with a steam iron.

4. Stitch the folded edge of the binding down at 1-2 mm / 1/12 in from the folded edge using a regular straight stitch. Slightly stretch the folded edge when stitching.



5. Press the seam well.



## 19 Finish the hem

1. Double turn the hem under at 15 mm / 5/8 in total and press.
2. Topstitch the hem at 1-4 / 1/12-1/8 in from the edge using a regular straight stitch.

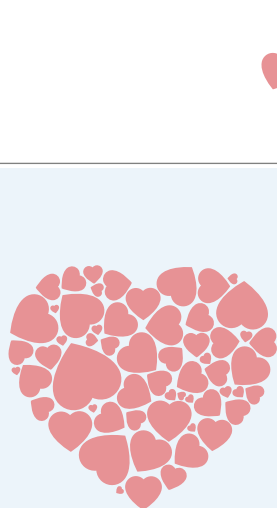


## 20 Press the garment

1. Press all the seams.
2. The better you press, the better look you get. Use pressers tools for the best results.

## 21 Enjoy

1. Try it on, make an Instagram post and tag #sinclair-patterns, share your experience on the FB group.
2. Hang your garment and give it a rest.
3. Enjoy yourself! You've done a great job!



Thank you for choosing Sinclair Patterns  
for your sewing project!

Help Sinclair Patterns to become  
better - complete a survey, it will  
only take couple of minutes.

Subscribe to our newsletter

[Complete the survey](#)

[✉ Subscribe to our newsletter](#)

Follow us on social  
networks



You may also like:

