

Breanna Fitted Bodice Block

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Garment Type: Fitted Bodice Block | Difficulty: Intermediate | Provenance: FreeSewing | License: MIT / CC BY 4.0

PRINTER CALIBRATION & SCALE VERIFICATION

Measure both test squares with a rigid ruler before cutting fabric. Print at 100% scale without shrinking.



- Scale Rules:
- 1. Open in Acrobat Reader
 - 2. Select Actual Size 100%
 - 3. Do NOT Fit to Page
 - 4. Verify dimensions above

SIZE SELECTION & EASE RECOMMENDATIONS

Select size based on full bust/chest measurement.
+4 to +8 cm positive wearing ease for comfortable drape.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Full Bust/Chest	80 cm	86 cm	92 cm	98 cm	108 cm	118 cm	128 cm
Full Hip / Seat	88 cm	94 cm	100 cm	106 cm	116 cm	126 cm	136 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Chest	84 cm	90 cm	96 cm	102 cm	112 cm	122 cm	132 cm
Hem Sweep	66 cm	72 cm	78 cm	84 cm	94 cm	104 cm	114 cm
Garment Length	42 cm	43 cm	44 cm	45 cm	47 cm	49 cm	51 cm

FABRIC REQUIREMENTS (45 IN / 115 CM & 60 IN / 150 CM BOLTS)

Bolt Width	XS	S	M	L	XL	2XL	3XL
45" / 115 cm Fabric	1.1 yd	1.1 yd	1.1 yd	1.3 yd	1.3 yd	1.55 yd	1.55 yd
60" / 150 cm Fabric	0.85 yd	0.85 yd	0.85 yd	1.1 yd	1.1 yd	1.3 yd	1.3 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: Lightweight to medium-weight suitable fabric substrates, Pre-washed natural fibers cotton, linen, or bamboo. Stretch Requirement: None 0% stable woven.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Matching all-purpose polyester or cotton sewing thread
- ☐ Universal sewing needle size 80/12
- ☐ Sharp fabric shears
- ☐ Measuring tape
- ☐ Iron and pressing ham

PATTERN INVENTORY & CUTTING LAYOUT

STANDARD SEAM & HEM ALLOWANCES

Use the seam and hem allowances printed on each pattern piece. Verify every allowance label before cutting fabric.

PATTERN PIECE INVENTORY & CUTTING SCHEDULE

Piece Name	Cut Quantity	Material / Interfacing
Front Body	Cut 1 on Fold	Main Fabric
Back Body	Cut 1 on Fold	Main Fabric
Neckline Binding Strip	Cut 1 on true 45° bias	Main Fabric
Armhole Binding Strips	Cut 2 on true 45° bias	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Press fabric before cutting to remove packing folds and pre-shrink fibers.
- Align piece grainlines strictly parallel to fabric selvages.
- Transfer notch markings with small 3 mm snips into the seam allowance margin.

MULTI-PAGE TILE ASSEMBLY INSTRUCTIONS

1. Check Sheet 1 calibration square before printing the remaining pattern sheets.
2. Trim right and bottom border lines along the dashed perimeter frame.
3. Match corner crosshairs, such as A1 to A2 and B1 to B2, without overlapping.
4. Tape sheets securely on both sides before cutting paper pieces.

STEP-BY-STEP SEWING INSTRUCTIONS

Step 1: Mark and Sew the Bodice Darts

Transfer every front bust dart, front waist dart, and back waist dart from the printed pattern before removing the paper. Fold each dart right sides together, stitch from the wide end to the marked point, and secure the point without backstitching. Press bust darts downward and waist darts toward center.

Step 2: Join the Shoulder Seams

Staystitch the front and back neckline and armholes just inside the printed seam line. Place Front Bodice and Back Bodice right sides together, stitch both shoulder seams using the printed allowance, finish the raw edges, and press the seams open.

Step 3: Bind the Neckline

Join the Neckline Binding Strip ends, fold the strip lengthwise, and press. Pin it to the right side of the neckline without stretching the bodice, stitch, trim and grade the seam allowance, then turn the binding fully inside and edge-stitch.

Step 4: Fit and Stitch the Side Seams

Baste the Front Bodice and Back Bodice right sides together at the side seams and check the close-fitting block over the intended undergarments. Make equal adjustments on both sides, then stitch permanently, finish the raw edges, and press the seams open.

Step 5: Bind Both Armholes

Join each Armhole Binding Strip into a loop and apply it to one armhole with right sides together. Trim and grade the seam, turn the binding fully to the inside, and edge-stitch. Repeat for the second armhole and compare both sides for symmetry.

Step 6: Finish the Bodice Hem

Turn the printed hem allowance to the wrong side, clip or ease only where required by the curve, press, and stitch evenly. Give the dart points, bindings, side seams, and hem a final press without flattening the bust shaping.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Seams puckering along stitch line

Fix: Insert fresh needle and test balance on fabric scrap.

Issue: Wavy edge along curved perimeter

Fix: Staystitch immediately after cutting and use walking foot.