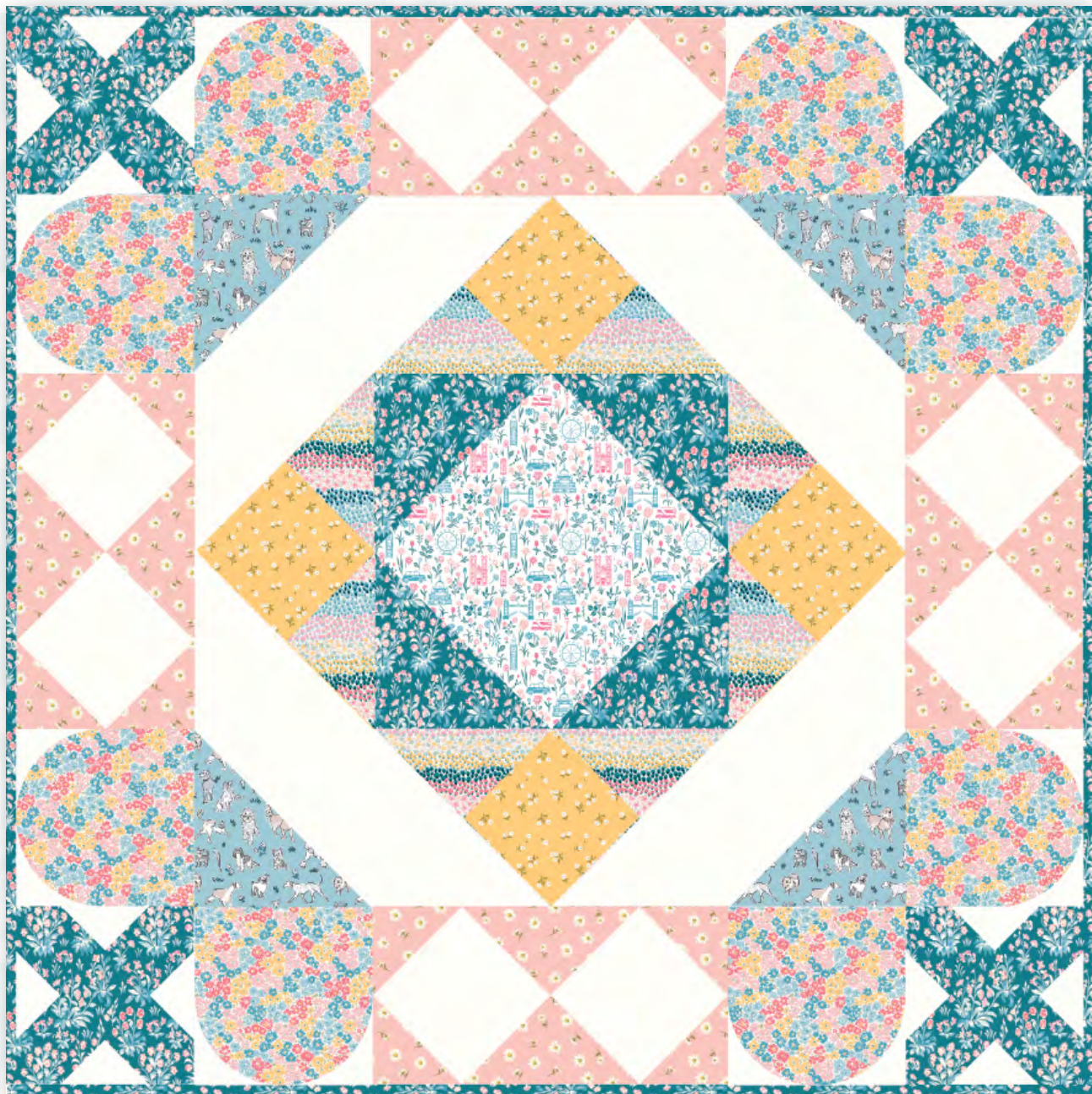


HEAD OVER HEELS



London Parks  
LIBERTY

FABRICS

# HEAD OVER HEELS QUILT

Finished quilt: aprox. 48½" x 48½"

©2022 Riley Blake Designs.

Fabric: London Parks by **LIBERTY**  
FABRICS

## INSTRUCTIONS:

Please read through all the directions first before starting and assume ¼" seam allowance. Sew with right-sides together unless otherwise stated. Press all seams in the direction of the arrows on the diagrams. Yardage is based on a 42" width of fabric.

WOF: Width of Fabric

LOF: Length of Fabric

RST: Right sides together

This quilt pattern is an intermediate level quilt pattern. Basic knowledge of quilt piecing techniques and terminology as well as curved seam assembly is required. Please visit our website at [www.rileyblakedesigns.com/pattern-updates](http://www.rileyblakedesigns.com/pattern-updates) to check for any updates before beginning this project. Have fun!

## FABRIC REQUIREMENTS:

- 1½ yards White Wiltshire Shadow (01666501A / 04775715Z)
- 1¼ yard Battersea Botanical A (01666859A)\*
- ⅝ yard Dulwich Daisy A (01666856A)
- ⅓ Yard Regents Border A (01666853A)
- ⅓ Yard Primrose Hill A (01666863A)
- ⅓ Yard Park Pals A (01666851A)
- ½ yard Kensington Confetti A (01666861A)

## CUTTING DIRECTIONS:



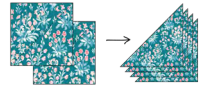
### White Wiltshire Shadow

Cut (1) 12" square (Label as A)  
Cut (8) 8½" squares (Label as B)  
Cut (6) 9½" squares (Label as C)  
Cut (32) 2¼" squares (Label as M)  
Cut (16) D-Templates



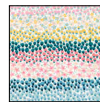
### Battersea Botanical A

Cut (2) 9" x 9" squares  
– subcut each square once on the diagonal to make a total of (4) triangles (Label as E)  
Cut (16) 4½" squares (Label as J)  
Cut (6) 2½" x WOF strips for Binding.



### Dulwich Daisy A

Cut (32) 4½" squares (Label as F)



### Regents Border A

Cut (2) 10½" squares (Label as G)



### Primrose Hill A

Cut (2) 10½" squares (Label as H)



### Park Pals A

Cut (2) 9½" squares (Label as I)



### Kensington Confetti A

Cut (8) 4½" x 8½" rectangles (Label as K)  
Cut (16) L-Templates

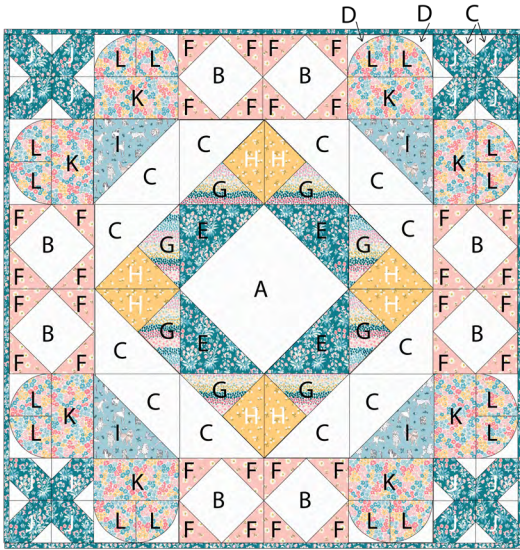


# HEAD OVER HEELS QUILT

\*includes binding

## BLOCK PIECING DIRECTIONS:

Please assemble the quilt in order shown. Blocks are assembled individually and then set aside till the final quilt assembly. Trim directions are given often to ensure accurate piecing. Please refer to the main Letter Label diagram often for

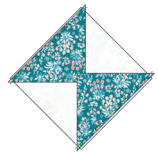


placement of directional prints.

### Center Block:

Unfinished Block 16½" x 16½"  
Make 1.

1. Take (2) E-triangles and lay and pin them to either side of the A-square as shown. Note the corners of the triangles will extend past on either side of the block. Sew at ¼" seam allowance and press. Trim off the dog ears.
2. Repeat with the remaining (2) E-triangles as shown. Pin, sew, trim and press. The Center Block should measure 16½" x 16½"

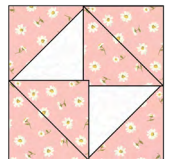
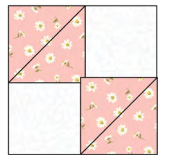
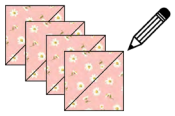


square. Set aside.

### Square-in-a-Square Block:

Unfinished Block 8½" x 8½"  
Make 8.

3. Take (4) F-squares and draw a diagonal line from corner to corner on the wrong side of the fabric as shown.
4. Using (2) F-squares, lay and pin them with RST to opposite corners of the B-square as shown. Sew along the drawn line and trim away the outside triangle at ¼" seam allowance. Press seams.
5. Repeat with the remaining (2) F-squares as shown. Pin, sew, trim and press. The Square-in-a-Square Block should measure 8½" x 8½" square. Make (8) in total. Set aside.

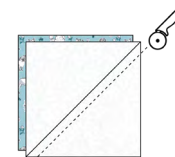
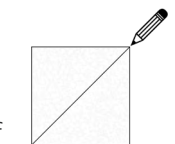


### Half-Square Triangle Block:

Unfinished Block 8½" x 8½"  
Make 4

This pattern uses the 2-at-a-time method for the following HSTs.

6. Take (1) C-square and draw a diagonal line from corner to corner on the wrong side of the fabric as shown.
7. Next, take (1) I-square and lay and pin them together with RST. Sew a ¼" seam on either side of the drawn line and trim along the drawn line. This makes (2) HSTs. Press seams. Trim the HST Block to measure 8½" x 8½" square. Make one more set for a total of (4) HST Blocks.



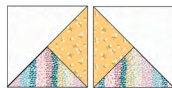
# HEAD OVER HEELS QUILT

Set aside.

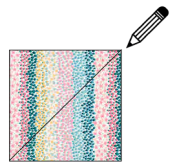
## Half-Square/Half-Square Triangle Block:

Unfinished Block  $8\frac{1}{2}" \times 8\frac{1}{2}"$

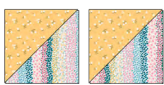
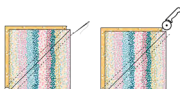
Make 8: (4) Right and (4) Left Blocks.



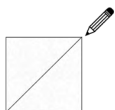
8. Take (1) G-square and draw a diagonal line from corner to corner on the wrong side of the fabric as shown.



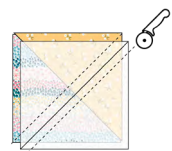
9. Next, take (1) H-square and lay and pin them together with RST. Sew a  $\frac{1}{4}"$  seam on either side of the drawn line and trim along the drawn line. This makes (2) HSTs. Press seams. Trim the HST Block to measure  $9\frac{1}{2}" \times 9\frac{1}{2}"$  square. Make (4) HST Blocks. Set aside.



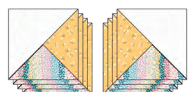
10. Now, take (1) C-square and draw a diagonal line from corner to corner on the wrong side of the fabric as shown.



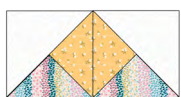
11. Next, take (1) GH-HST and lay and pin them together with RST with the GH seam intersecting as shown. Sew a  $\frac{1}{4}"$  seam on either side of the drawn line and trim along the drawn line. This makes a total (2) HST Blocks: (1) Right and (1) Left Block. Press seams. Using a square ruler with a 45-degree line, find the center at  $4\frac{1}{4}"$  and square up the HST block to measure  $8\frac{1}{2}" \times 8\frac{1}{2}"$ .



12. Make (4) sets in total that equal to (8) HST Blocks.



13. Take (1) Right HST Block and (1) Left HST Block and pin and sew them together matching the H-fabric in the center. Press seams. Unit should measure  $8\frac{1}{2}" \times 16\frac{1}{2}"$ . Make (4) Half-Square/Half-Square

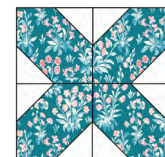


Triangle Block Units together. Set aside.

## X-Block:

Unfinished Block  $8\frac{1}{2}" \times 8\frac{1}{2}"$

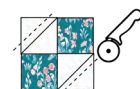
Make 8.



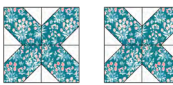
14. Draw a diagonal line from corner to corner on the wrong side of (2) M-squares as shown.



15. Take (1) J-square and lay and pin the M-squares on opposite corners of the square as shown. Sew along the drawn line and trim away the outside triangle at  $\frac{1}{4}"$  seam allowance. Press seams. Make (4) in total.



16. Lay out all (4) sewn J-squares to form an X-square pattern. Pin and sew the blocks in the top row and bottom rows together. Press seams. Pin and sew both rows together and press seams. The X-Block should measure  $8\frac{1}{2}" \times 8\frac{1}{2}"$  square. Make



# HEAD OVER HEELS QUILT

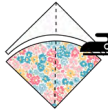
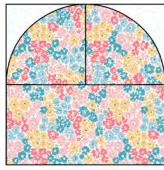
(4) in total. Set aside.

## Curved Pieced Block:

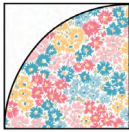
Unfinished Block  $8\frac{1}{2}" \times 8\frac{1}{2}"$

Make 8.

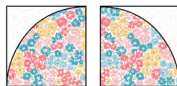
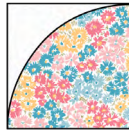
17. Gather (1) D-template and (1) L-template piece. Fold each template in half as indicated in the diagram, RST. Be sure to perfectly align the edges of the templates when folding for accuracy. Use an iron to press a crease marking the exact center of each template.



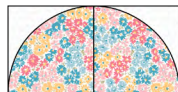
18. After pressing the creases in the above step, place the two templates RST. Align the pressed creases of each template pair, and pin in place at the creases. Next, align either end of each template pair perfectly so that templates create a straight edge. Pin in place thoroughly. Please note that templates will appear bunched at this step but will become smooth as sewing progresses.



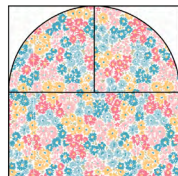
19. Sew the D and L pieces together using a curved seam. Stitch slowly, stop as often as you need to adjust fabrics. Ensure both fabrics are placed evenly within the  $\frac{1}{4}"$  seam allowance. You can also use your fingers to smooth the fabrics to prevent puckers. Follow the natural curve of the fabric. Open up the DL-Block and press the seams to the dark L-fabric. The block should lay flat like magic and should measure  $4\frac{1}{2}" \times 4\frac{1}{2}"$  square. Make (16) Template Blocks in total.



20. Next, take (2) Template Blocks and sew them together as shown.

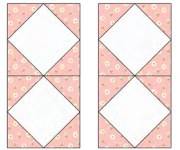


21. Then take (1) K-rectangle and pin and sew it to the (2) Template Blocks. Press the seam towards the K-rectangle. The block should measure  $8\frac{1}{2}" \times 8\frac{1}{2}"$  square. Make (8) Curved Pieced Blocks in total.



## ASSEMBLE THE QUILT:

1. Gather (4) Square-in-a-Square Blocks and sew them together in pairs as shown. Set aside.



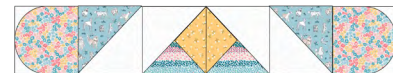
2. Next gather the Center Block and (2) HST/HST Triangle Block Units. Lay them out as shown in the diagram and sew them together. Press seams outwards.



3. Sew the (2) vertical Square-in-a-Square Blocks on either side of the unit and press seams towards the center. The Center Unit should measure  $16\frac{1}{2}" \times 48\frac{1}{2}"$ . Set aside.



4. Next gather (4) Curved Pieced Blocks, (4) HST Triangle Blocks and (2) HST/HST Triangle Block Units. Lay them out in (2) rows using the diagram and sew the blocks together in each row. Each row should measure  $8\frac{1}{2}" \times 48\frac{1}{2}"$ . Set



aside.

5. Lastly gather (4) X-Blocks, (4) Curved Pieced Blocks and (4) Square-in-a-Square Blocks. Lay them out in (2) rows using the diagram and sew the blocks together in each row. Each

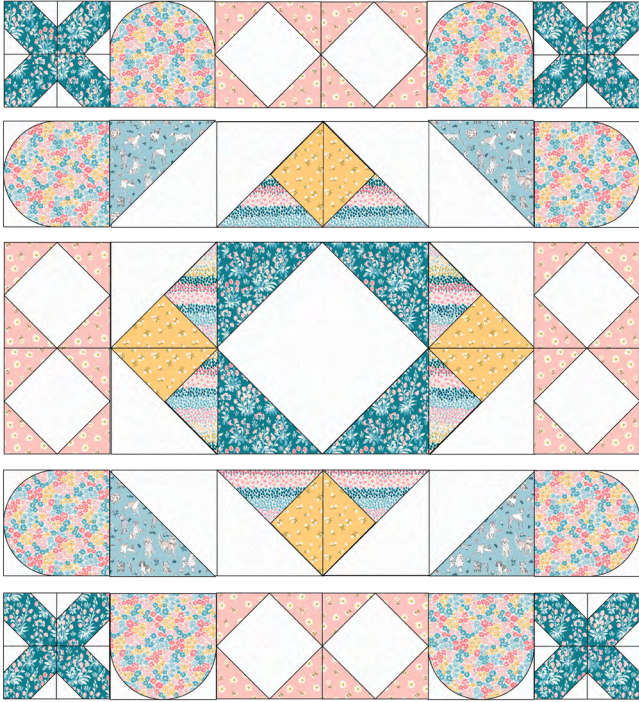




# HEAD OVER HEELS QUILT

row should measure  $8\frac{1}{2}" \times 48\frac{1}{2}"$ . Set aside.

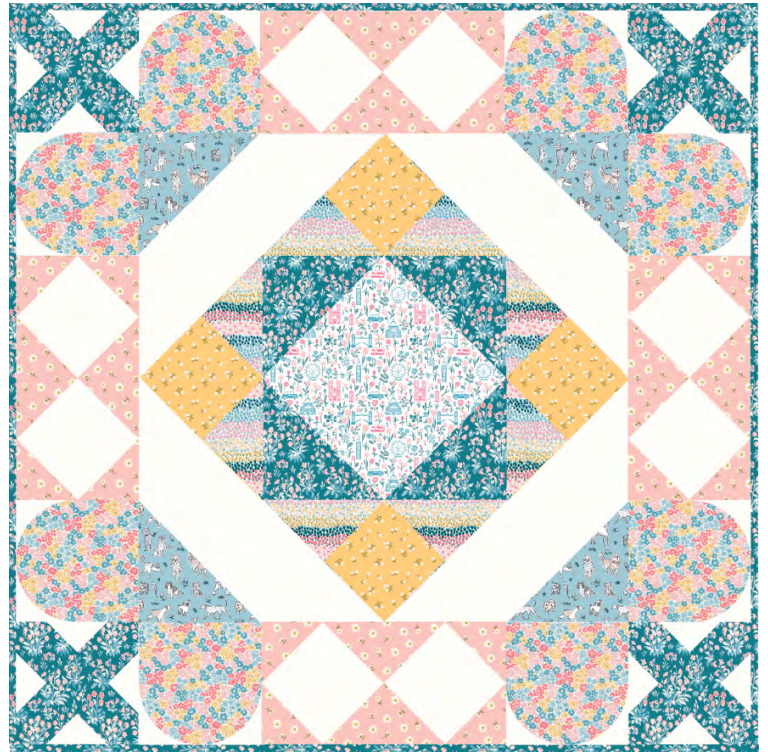
6. Layout the Head Over Heels Quilt Top as shown. Pin and sew each row together. Press all the seams downwards.



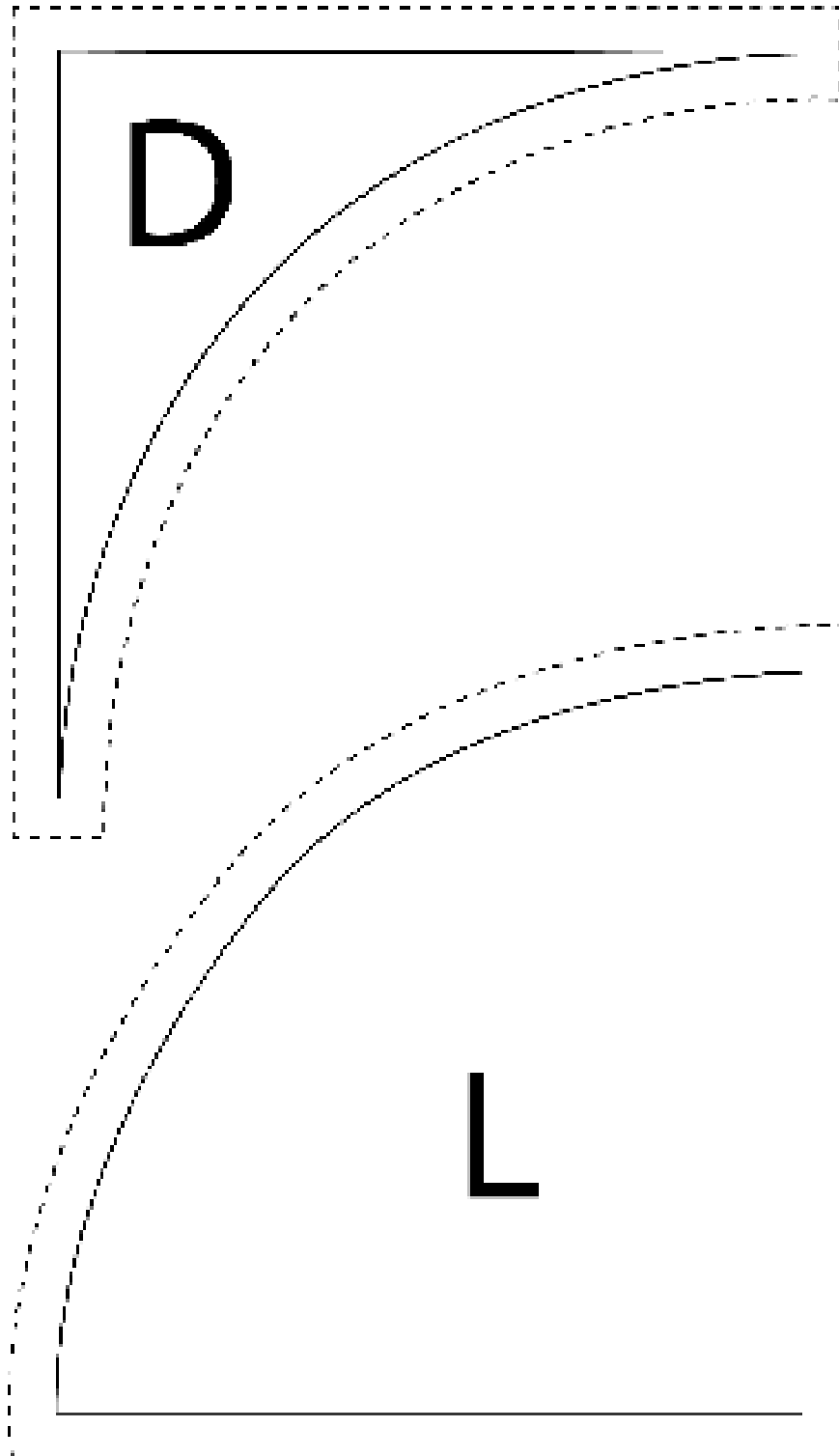
## YOUR QUILT TOP IS COMPLETE!!!

The quilt top should measure  $48\frac{1}{2}" \times 48\frac{1}{2}"$ .

Layer your backing, batting and quilt top. Quilt as desired. Bind the edges with your favorite binding method using the prepared binding. Enjoy and share your quilt using the hashtags [#londonparks](#) [#headoverheelsquilt](#) [#rileyblakedesigns](#) [#libertyfabrics](#).



# HEAD OVER HEELS QUILT



1-Inch