

# *Lace Up Backless Wide Leg Jumpsuit*



**INSTRUCTION**

**BOOKLET**

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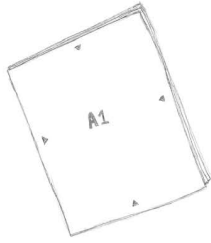
For inquiries, questions, drop me a message on

IG: [PatternsForLess](#)  
[info@patternsforless.com](mailto:info@patternsforless.com)

**Please reach out to us if you have any questions about the sewing pattern or step by step instructions, we are happy to help!**



# What do I need to start sewing?



Sewing machine

Overlock/Serger

Pattern printout

Sewing thread

Measuring tape

Water erasable pen/Chalks

Scissors

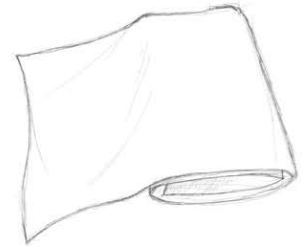
Ruler

Pins

$\frac{3}{8}$ " or 1cm width elastic band



**Our favorite sewing supplies!**



$3\frac{1}{4}$  yard x 60" width rayon challis fabric

**Fabric Recommendations:** polyester, rayon, viscose, wool peach, peach skin, linen, cotton.

**Check out all the fabric options we love!**

## **Testing a sewing pattern with muslin fabric is important because:**

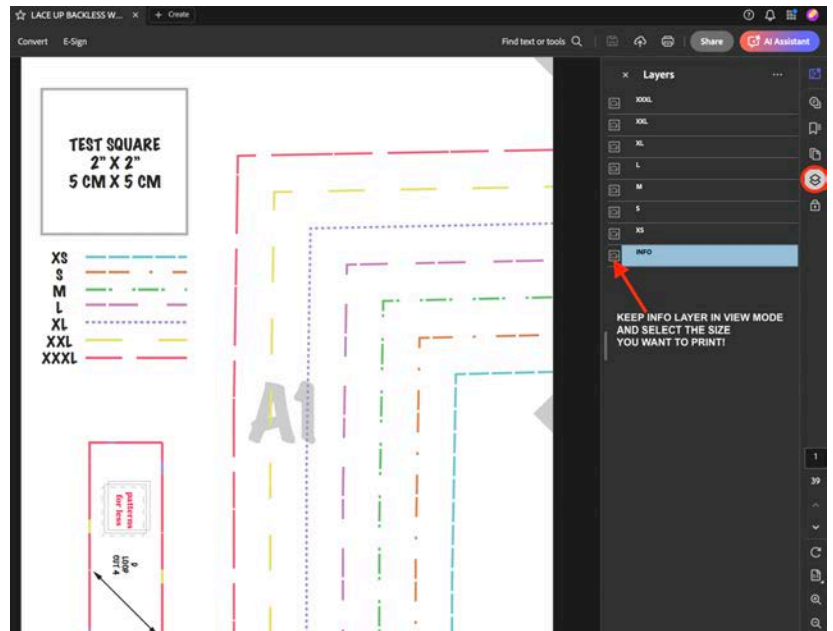
*Muslin is inexpensive and allows you to adjust the fit before using costly fabric. It helps you see how the pattern pieces work together and make necessary changes. You can practice techniques and construction methods. It's a low-risk way to experiment with design modifications. Muslin saves money by preventing costly mistakes with your final fabric.*

In essence, it helps ensure your final garment fits well and turns out as expected.

# Printing Instructions

Let's print out the pattern!

The sewing pattern comes with 3 different printing options! The US Letter and A4 print is a tile version PDF that you can print out at home. The A0 version is used by a printshop to print on a single sheet of paper and saves time taping the separate pages together.



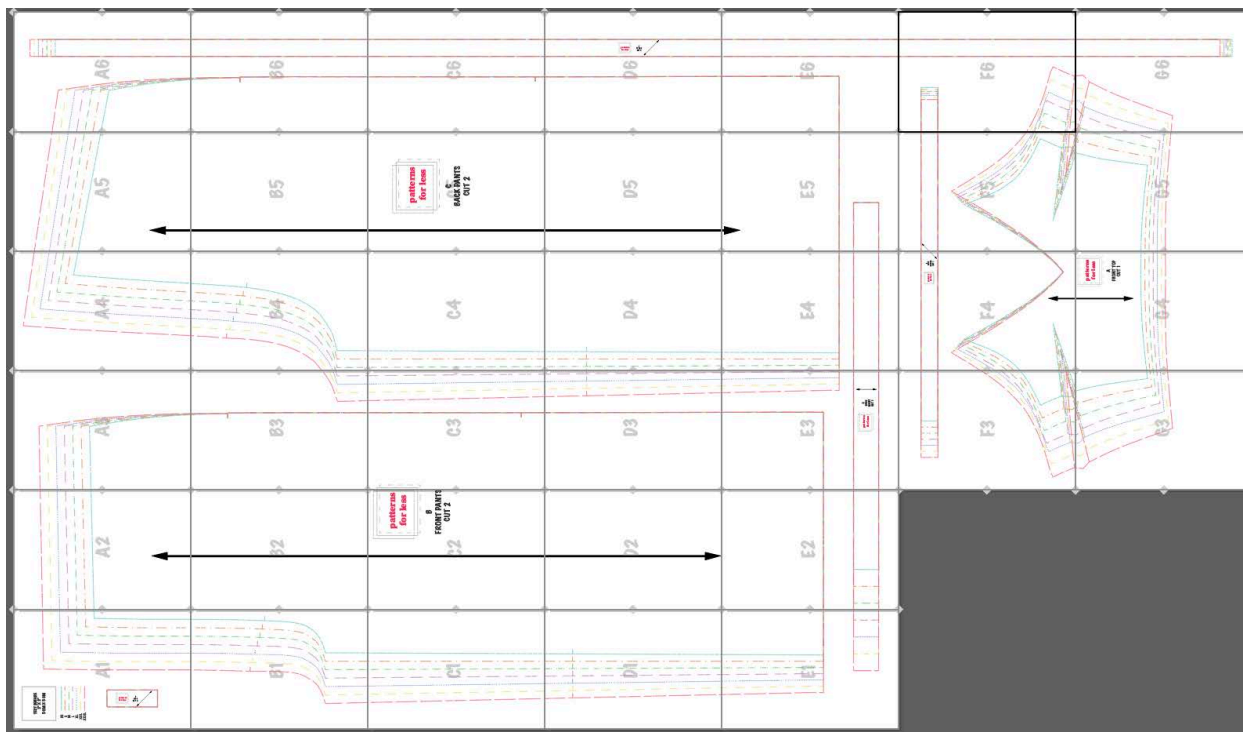
Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

If you print at home, then you need to trim each sheet by cutting off the top and excess margin. Tape each page together by row, and then attach the rows together. Use the diamond marks to align everything!

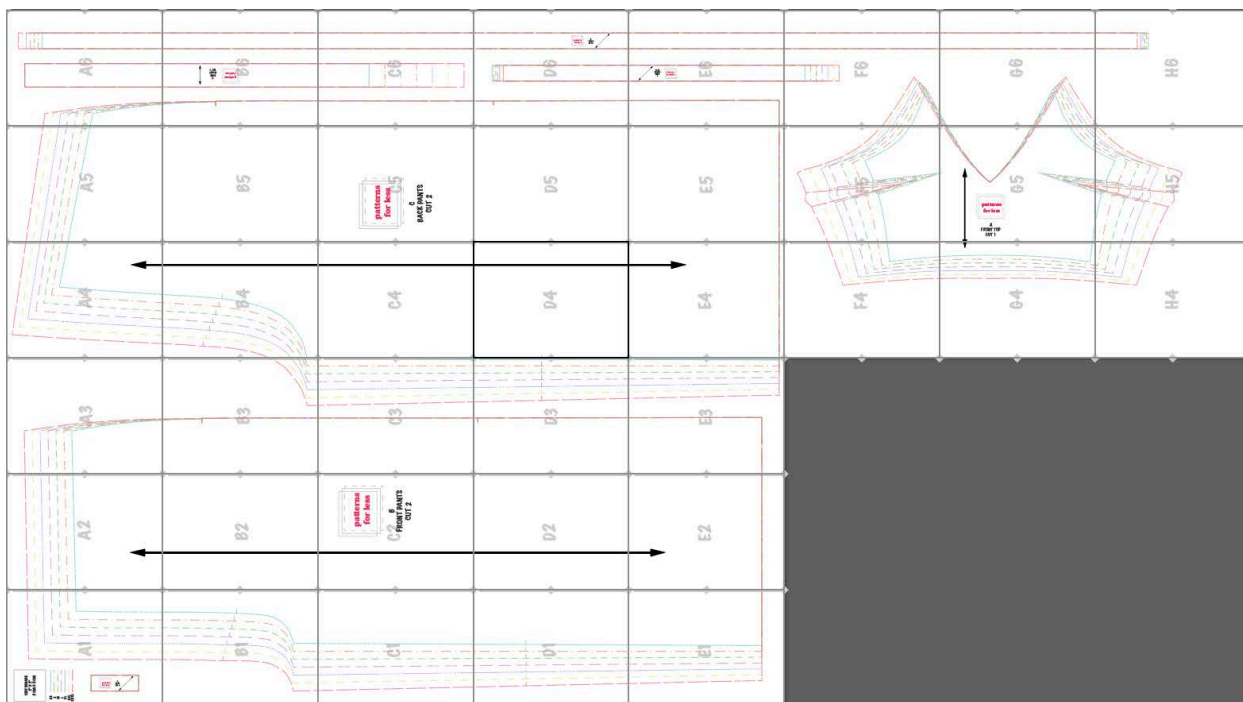
Always make sure to print on 100% scale.  
(Do not 'fit to page' or reduce the size!)

There is a test square on the first page of the pattern.  
Use as a scale to check if the dimensions are 5x5cm and/or 2x2".

A4



US Letter



# Size Chart

inches

SIZE	BUST	WAIST	HIP
XS	30	25	36
S	33	27	38
M	36	29	40
L	39	31	42
XL	41	33	44
XXL	44	35	46
XXXL	47	37	48

centimeters

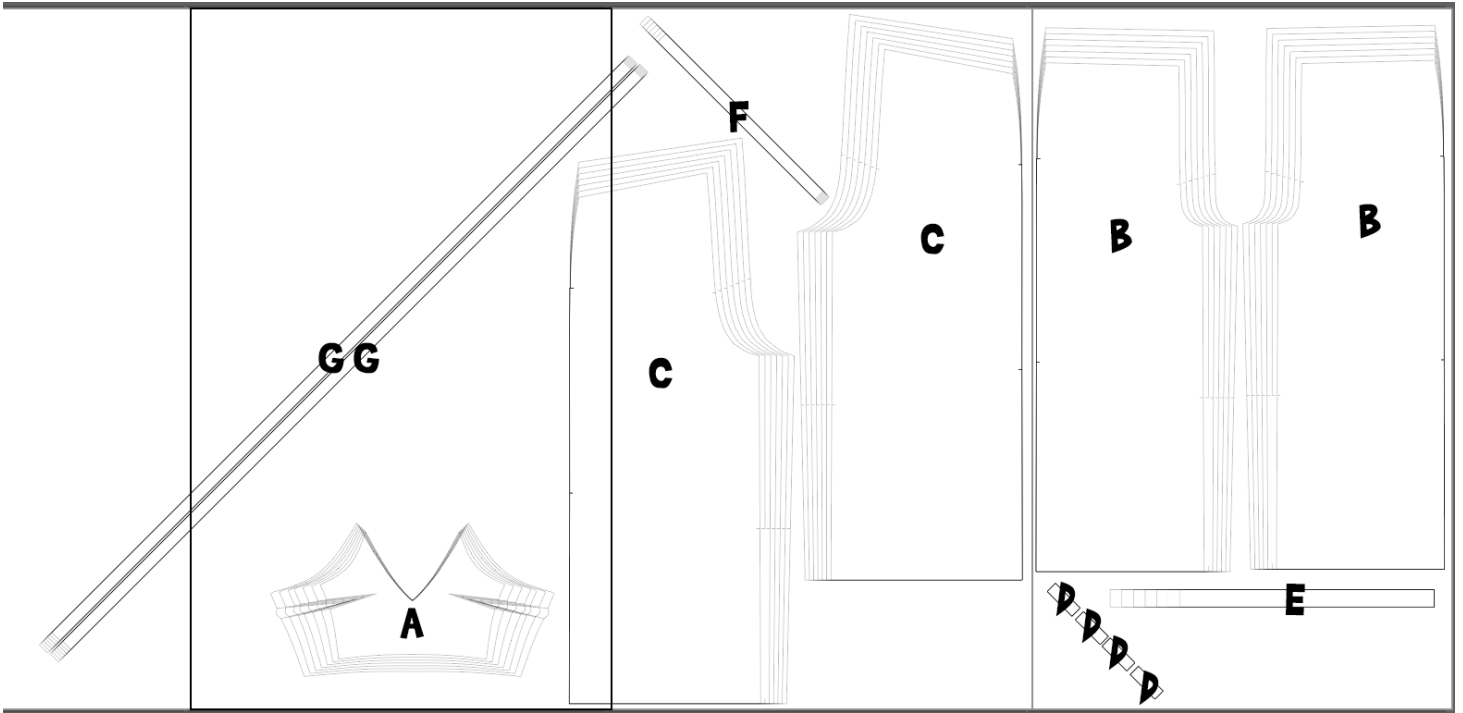
SIZE	BUST	WAIST	HIP
XS	76	63	91
S	84	68	96
M	91	74	102
L	99	79	107
XL	104	84	112
XXL	112	89	117
XXXL	119	94	122

## FINISHED GARMENT MEASUREMENT

SIZE	LENGTH	BUST	WAIST	HIP
XS	57" 145 CM	34 3/8" 87 CM	23 6/8" 60 CM	49 1/8" 125 CM
S	57 7/8" 147 CM	35 3/4" 91 CM	25 1/8" 64 CM	50 3/4" 129 CM
M	58 6/8" 149 CM	37 3/8" 95 CM	26 3/4" 68 CM	52 3/8" 133 CM
L	59 3/8" 151 CM	39 7/8" 101 CM	29 1/8" 74 CM	54 6/8" 139 CM
XL	60 1/8" 153 CM	42 1/8" 107 CM	31 1/2" 80 CM	57 1/8" 145 CM
XXL	61" 155 CM	44 1/2" 113 CM	33 3/4" 86 CM	59 3/8" 151 CM
XXXL	61 3/4" 157 CM	46 3/4" 119 CM	36 1/8" 92 CM	61 3/4" 157 CM

\* This data was obtained from manually measuring the product, it may be off by 1-2cm

# Patterns

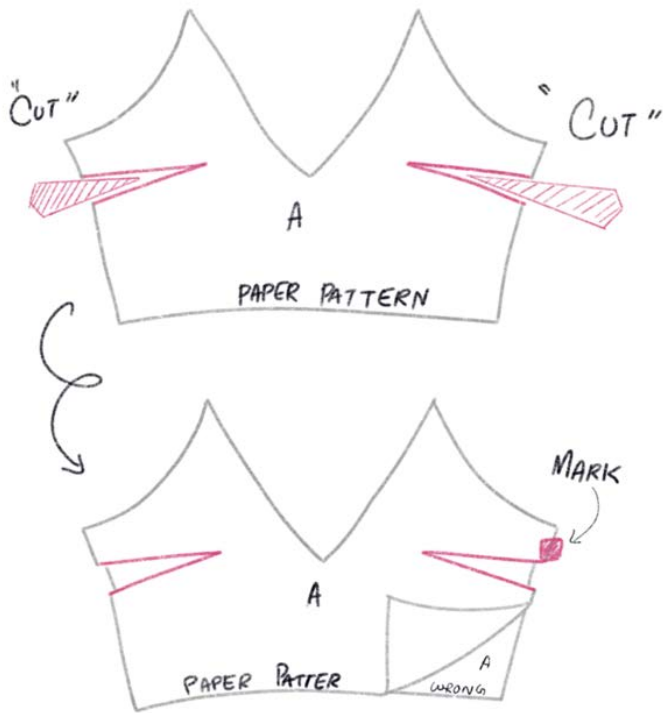


Lace backless wide leg jumpsuit pattern pieces include:

- A- Front Top, cut 1
- B- Front Pants, cut 2
- C- Back Pants, cut 2
- D- Loop, cut 4
- E- Back Waist, cut 1
- F- Neck Binding, cut 1
- G- Strap, cut 2

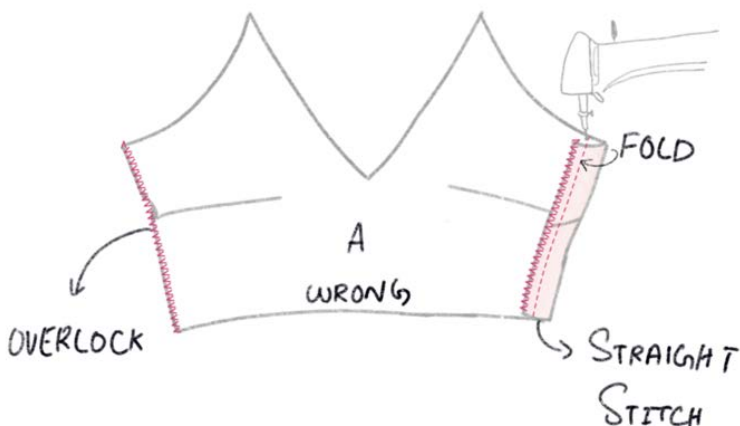
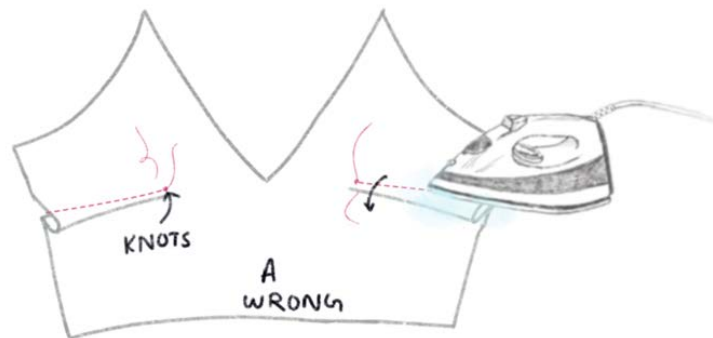
$\frac{3}{8}$ " or 1cm seam allowance is already included unless indicated on the pattern or instruction book.

# Sewing Instructions



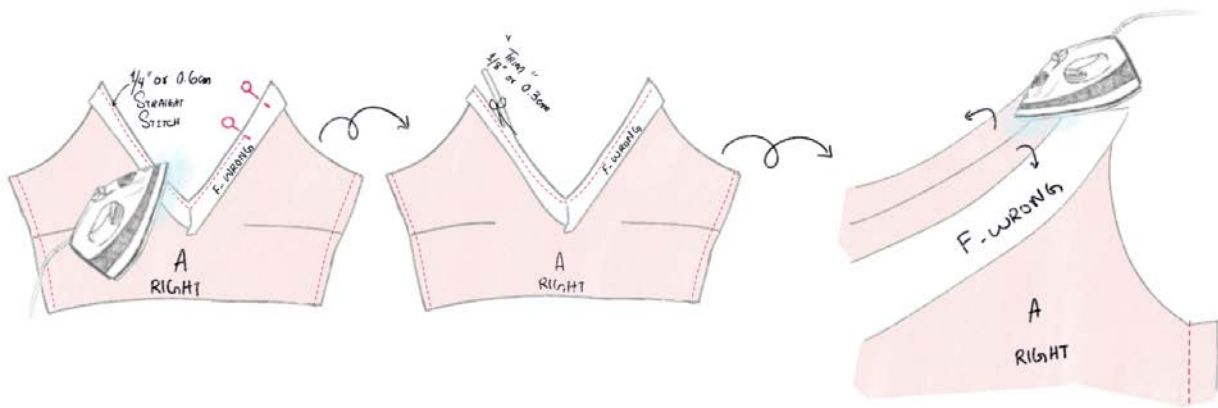
**Step 1-** Cut out the bust dart from the paper pattern and layover on the wrong side of the Front Top (A). Mark the dart legs and dart point using chalk or water erasable pen.

**Step 2-** Sew the darts from the point to dart leg without backstitching. Finish the ends by hand tying with double knots. Press the waist darts toward the waist.

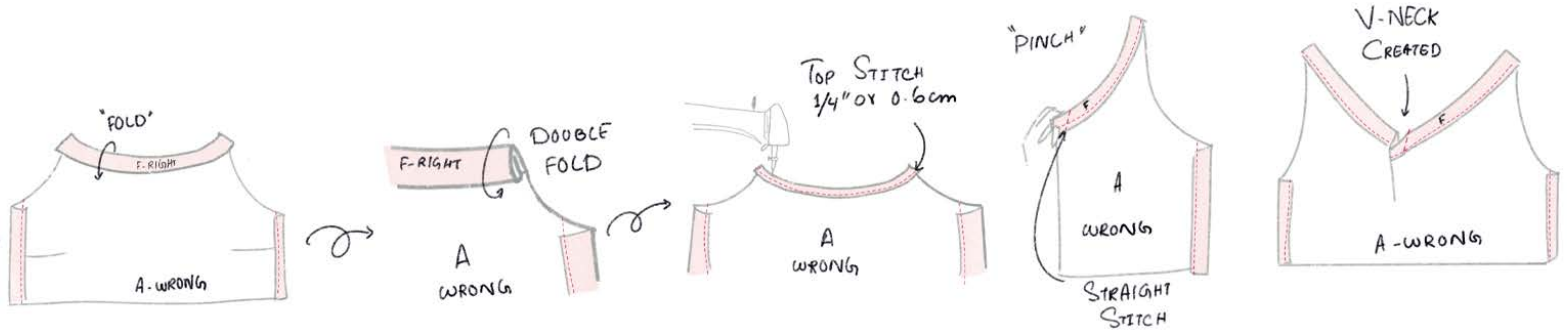


**Step 3-** Overlock stitch the side seams of Front Top (A). Fold  $\frac{3}{8}$ " or 1cm width seam allowance toward the wrong side of fabric and  $\frac{1}{4}$ " or 0.6cm straight stitch.

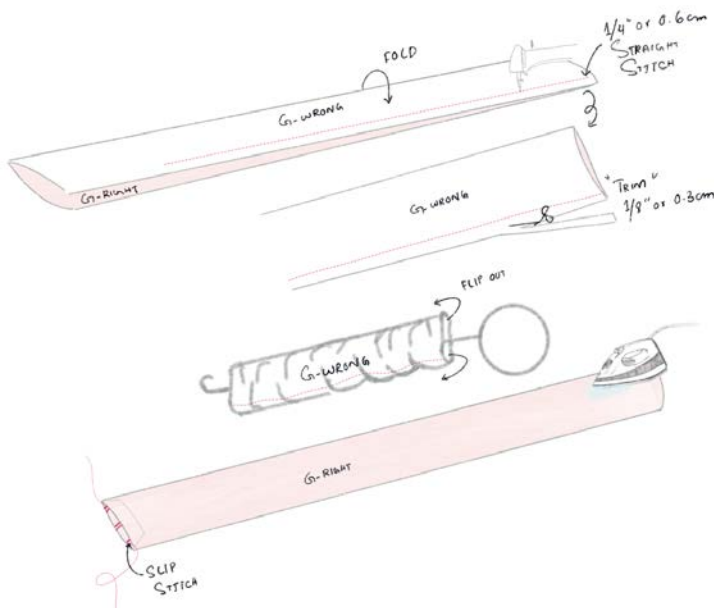




**Step 4-** Place the Neck Binding (F) right side on the Front Top (A) and pin along the neckline. Sew along the pinned spot  $\frac{1}{4}$ " or 0.6cm and press seam open. Trim the seam allowance to  $\frac{1}{8}$ " or 0.3cm, and press seam open.

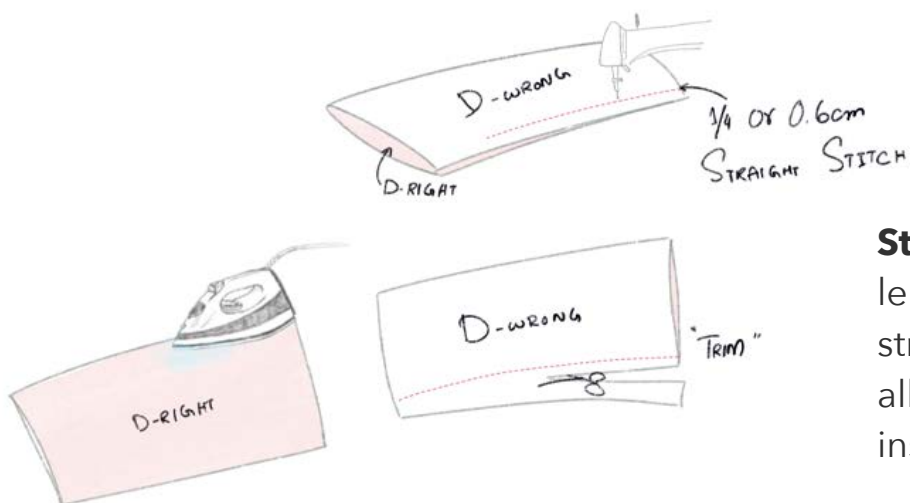
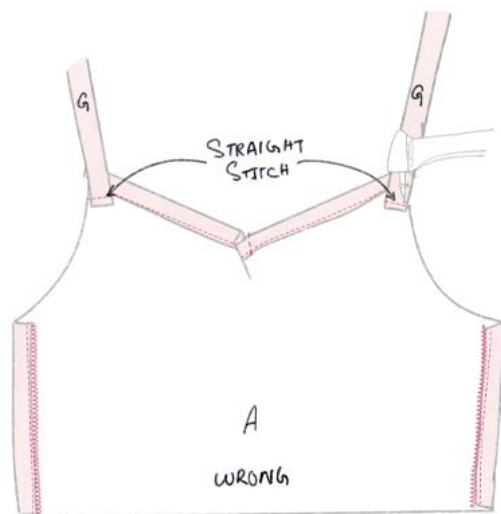


**Step 5-** Fold the Neck Binding (F) piece toward the wrong side of the fabric and press. Double fold the binding piece to wrap around the edges and  $\frac{1}{4}$ " or 0.6cm topstitch all around. Fold the Front Top (A) in half right side together and pinch the center front to straight stitch along the Neck Binding (F) to create a v-neck.

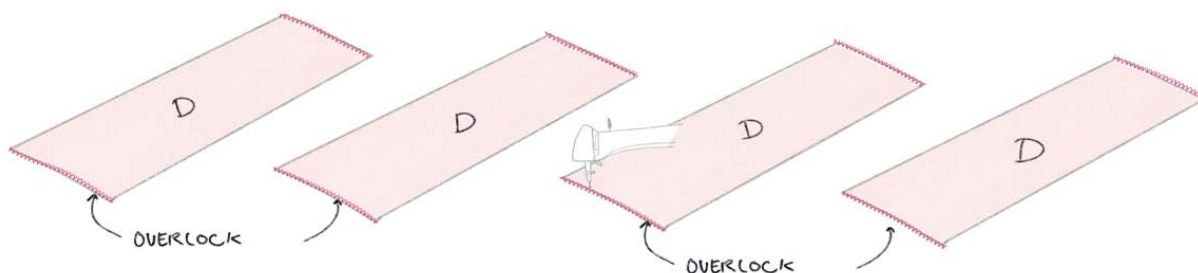


**Step 6-** Fold the Strap (G) in half right side together and straight stitch  $\frac{1}{4}$ " or 0.6cm width. Trim the excess seam allowance to  $\frac{1}{8}$ " or 0.3cm width and use loop turner to flip inside out. Press the binding, then slide one end of Strap (G) and slip stitch to clean finish .

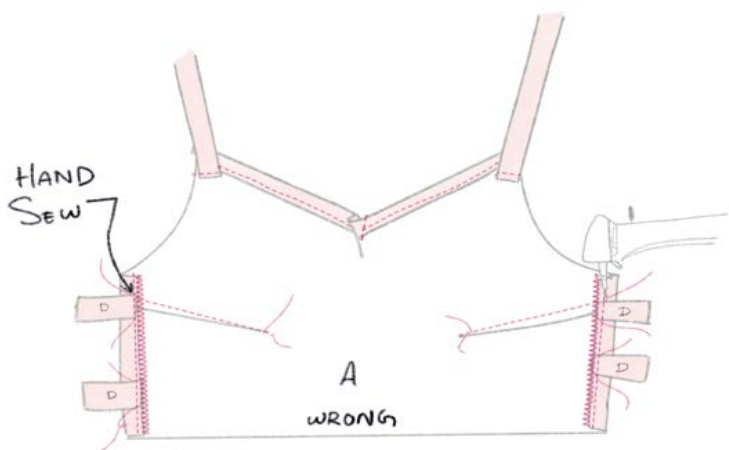
**Step 7-** Place the open end of Strap (G) on the wrong side of Front Top (A) and straight stitch to secure the position.



**Step 8-** Fold the Loop (D) in half lengthwise and sew  $\frac{1}{4}$ " or 0.6cm straight stitch. Trim the seam allowance, then flip the Loop (D) inside out and press.

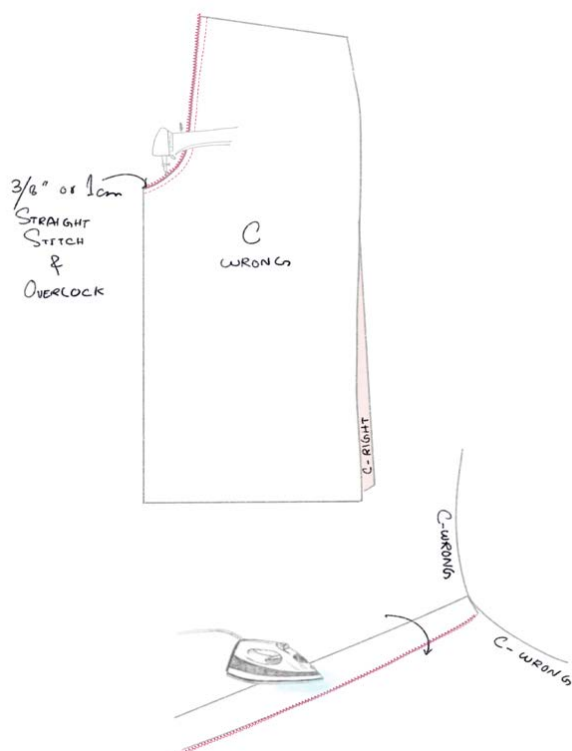
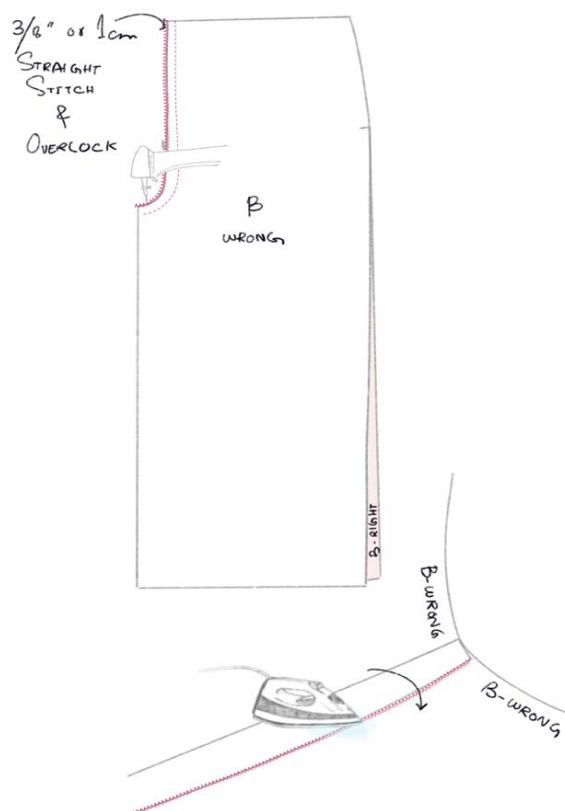


**Step 9-** Overlock stitch both ends of Loop (D). Repeat the step to create a total of 4 Loop (D) pieces.



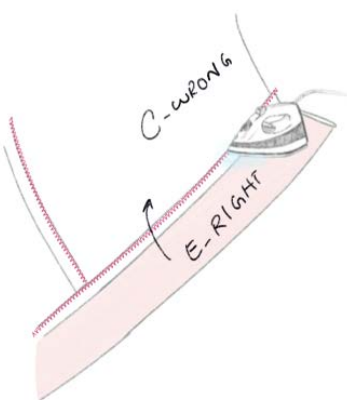
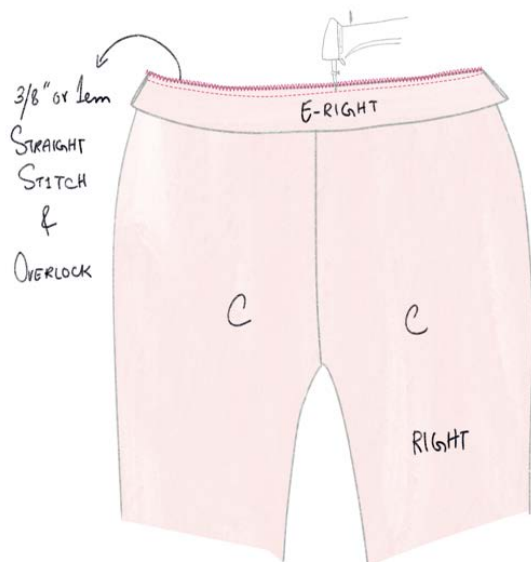
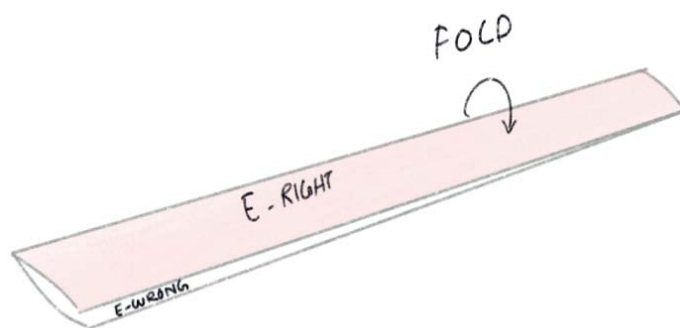
**Step 10-** Fold the Loop (D) in half and slide the Loop (D) on the wrong side of Front Top (A). Locate one Loop (D) on the bust dart area and the other Loop (D) in the middle of bust dart, then hem. Hand sew the belt loop on the side of the top.

**Step 11-** Place Front Pants (B) right sides together and close the front rise with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seams toward the side.



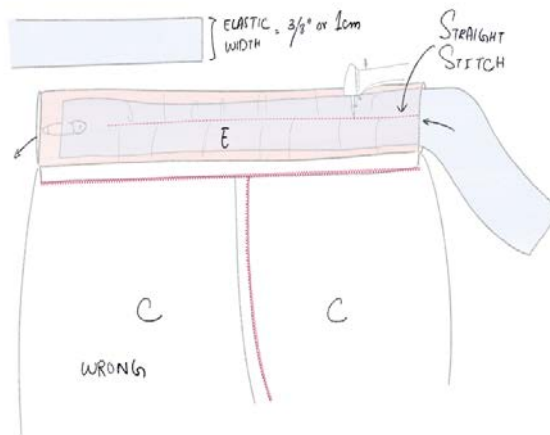
**Step 12-** Place Back Pants (C) right sides together and close the back rise with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seams toward the side.

**Step 13-** Fold the Back Waist (E) lengthwise wrong side together and press.



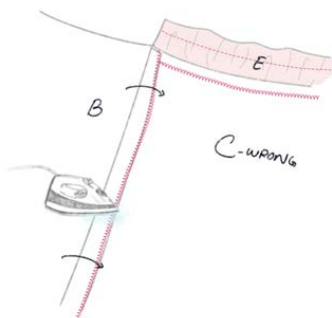
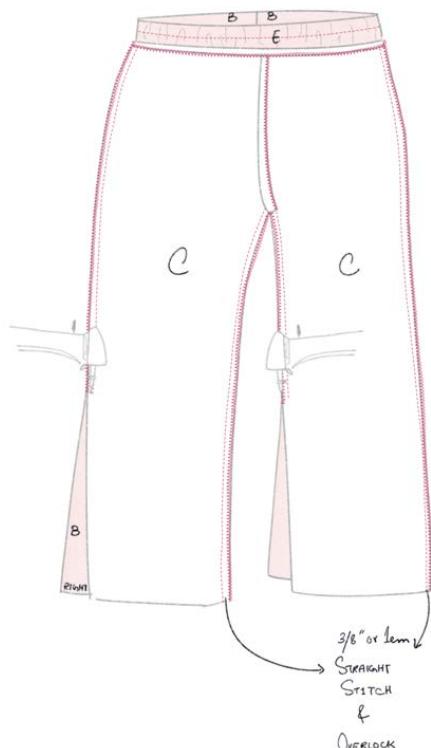
**Step 14-** Place the folded Back Waist (E) on the right side of Back Pants (C) so the cut edges of Back Waist (E) align with Back Pants (C) waist opening. Straight stitch  $\frac{3}{8}$ " or 1cm width across the Back Pants (C) waist opening. Overlock stitch the seam allowance and press seam toward Back Pants (C).

**Step 15-** Use a loop turner or safety pin to slide a  $\frac{3}{8}$ " or 1cm width elastic band through the Back Waist (E). Straight stitch along the short edges from one end to the other.



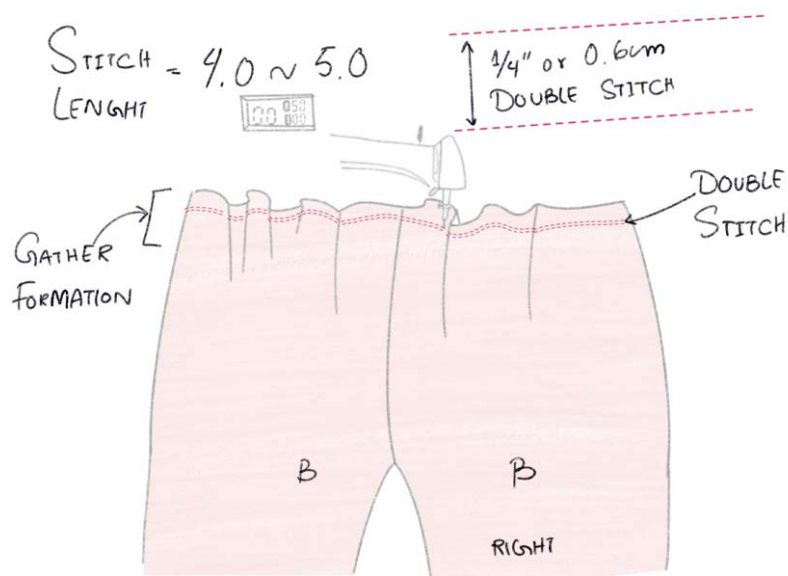
BACK WAIST ELASTIC LENGTH  
 XS:  $10\frac{1}{2}$ " or 26.6cm  
 S: 12" or 30.5cm  
 M:  $13\frac{1}{2}$ " or 34.3cm  
 L:  $15\frac{6}{8}$ " or 39.7cm  
 XL:  $17\frac{3}{4}$ " or 45cm  
 XXL:  $19\frac{3}{4}$ " or 50.2cm  
 XXXL:  $21\frac{3}{4}$ " or 55.2cm

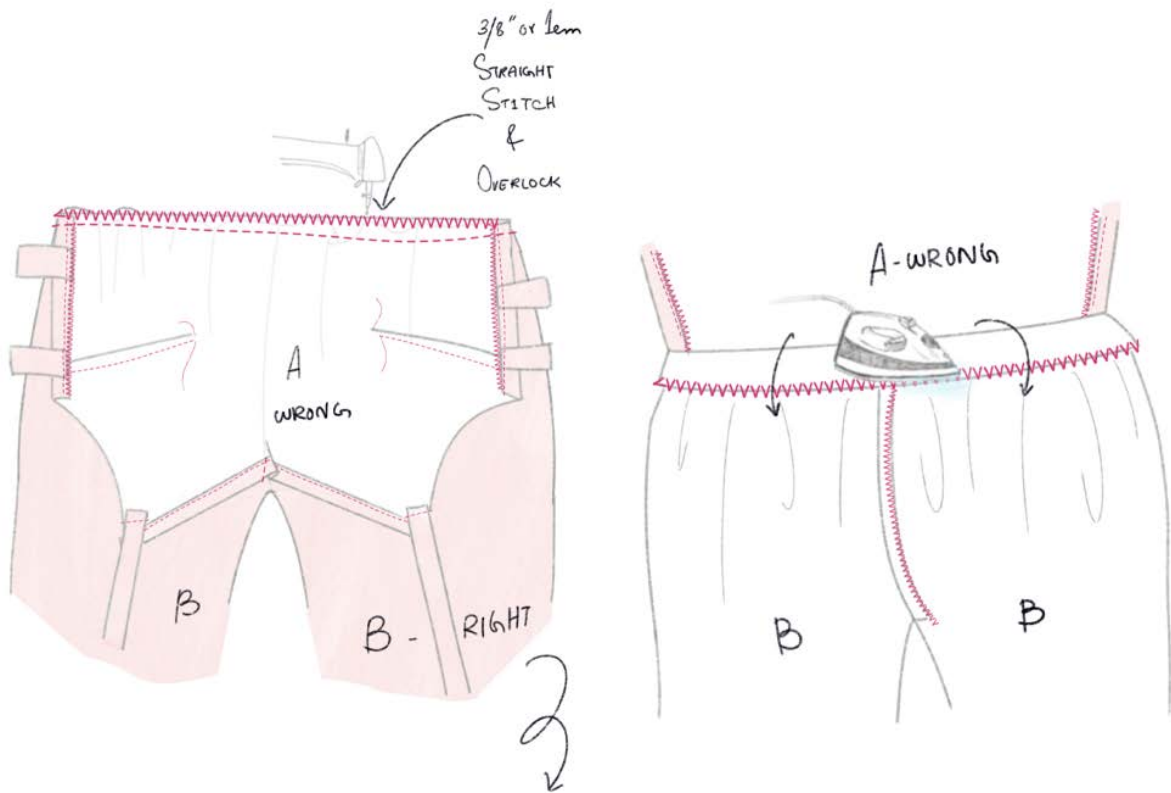




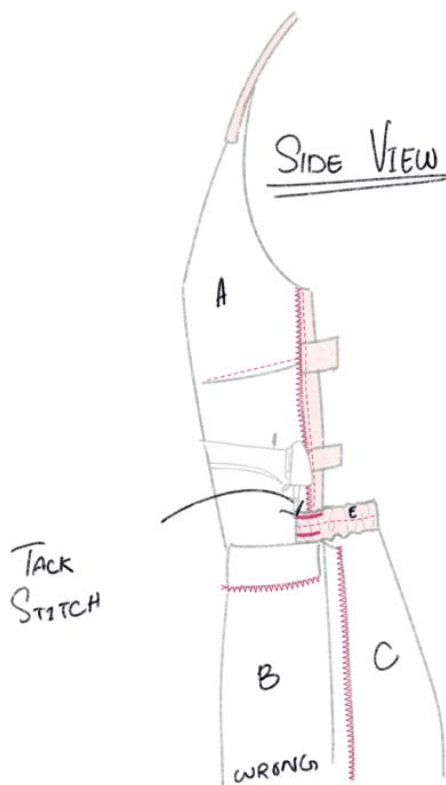
**Step 16-** Place Front Pants (B) and Back Pants (C) right sides together. Close the side seams and inseam with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seams toward the Back Pants (C). Ensure the Back Waist (E) is not attached with Front Pants (B).

**Step 17-** Increase the stitch length to 4.0 or 5.0 on your machine and double stitch  $\frac{1}{4}$ " or 0.6cm ( $\frac{1}{4}$ " or 0.6cm apart from each other) around the top of the Front Pants (B) waist opening. Manually hand gather the opening and set aside.





**Step 18-** Place Front Top (A) and Front Pants (B) right side together and join the waist opening with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seam toward the Front Pants (B).



**Step 19-** Overlap or slide the Back Waist (E) toward the wrong side of Front Top (A) and tack stitch to prevent from flipping.

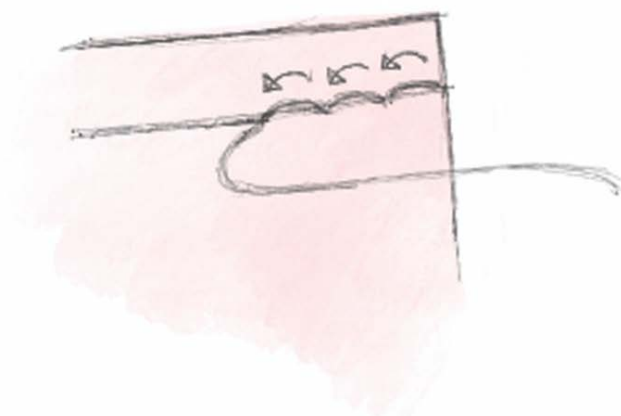


**Step 20-** Double fold the leg opening of the Front and Back Pants (B&C) 1/4" or 0.6cm, then topstitch and zigzag lace up the Strap (G) through the Loop (D) to create a bow tie. Gently press all around to enjoy your lace up backless wide leg jumpsuit!

# Sewing Glossary

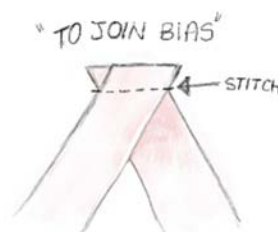
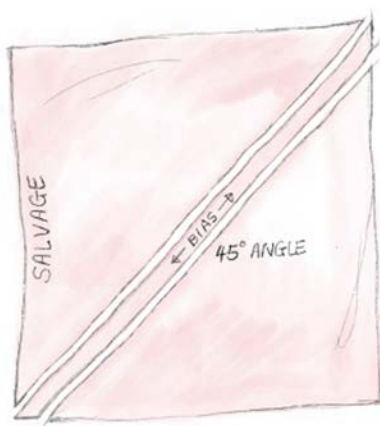


# Back Stitch



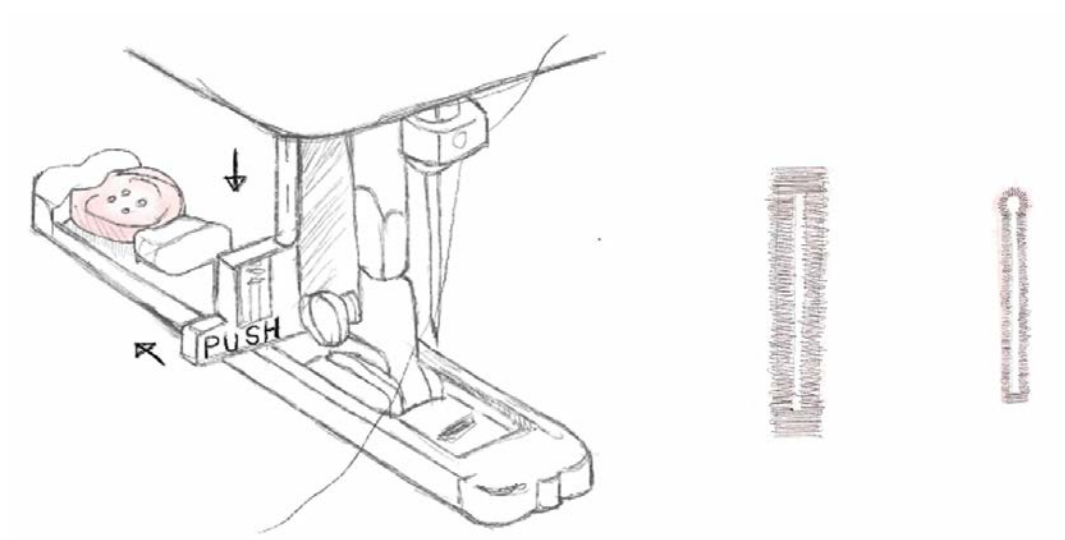
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

# Bias Tape



Bias tape is widely used in neckline, spaghetti strap, and other garment finishings. Prepare the bias strap by cutting in half diagonally to give a nice stretch. When needing to make a long continuous bias tape, sew the diagonal pieces together as long as you need.

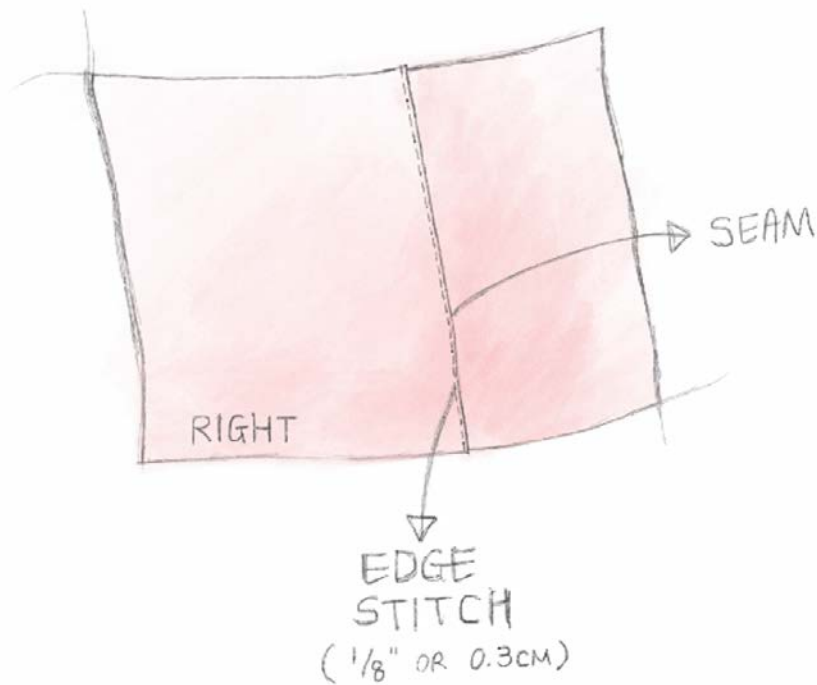
# Buttonholes



There are various styles of buttonholes you can create with your sewing machine. For cleaner look, add interfacing and sew over the buttonhole more than once to create nice tight holes.

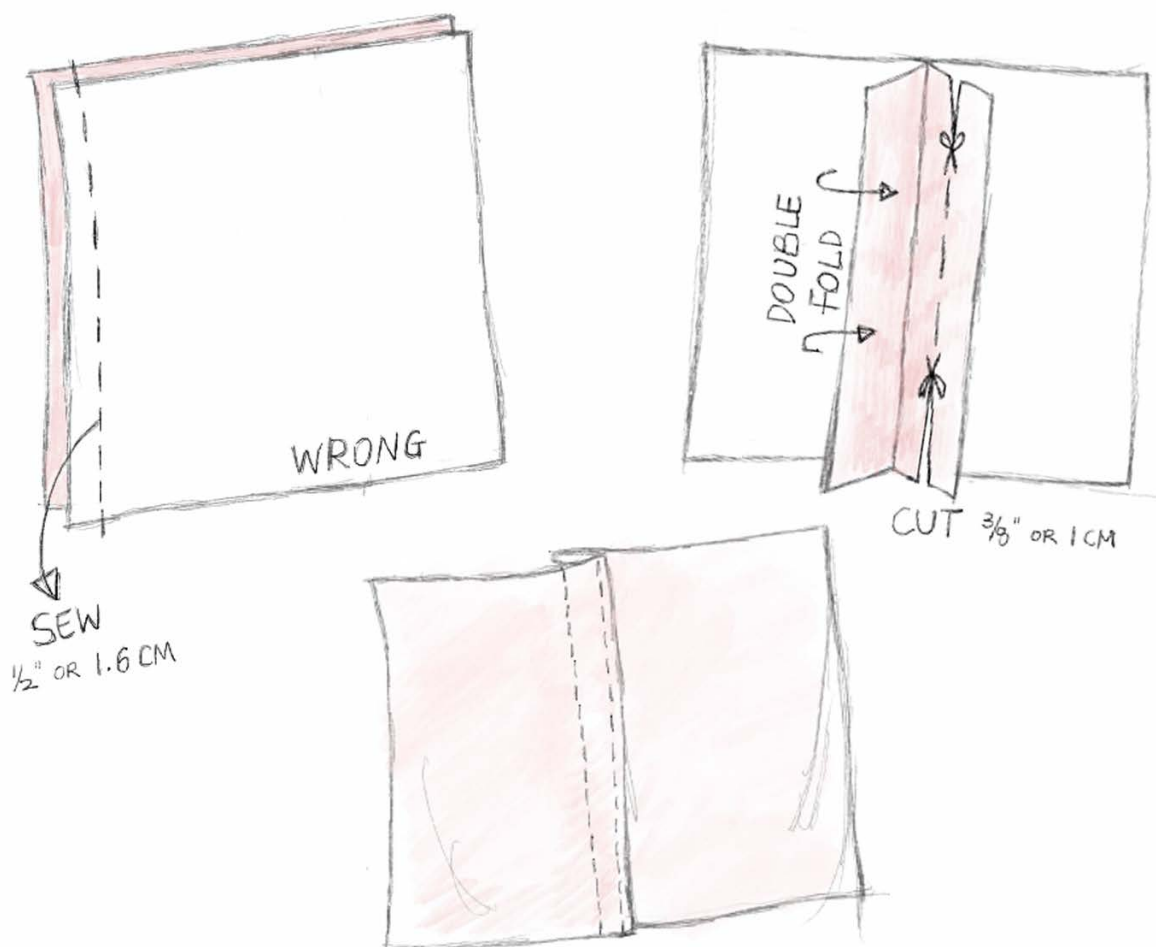
Use a buttonhole foot by inserting the button in the back of the foot, and snap the foot into place. Pull the button hole lever down, and select the buttonhole stitch on your machine. Press the pedal and stitch away, your machine will automatically go through the steps to make an accurate buttonhole.

# Edge Stitch



Edge stitches are typically used to decorate or emphasize the original seam line. To achieve clean edge stitch, use a special footer to sew close to the edges without gliding off. Sew slowly to control the fabric.

# Flat Felled Seam

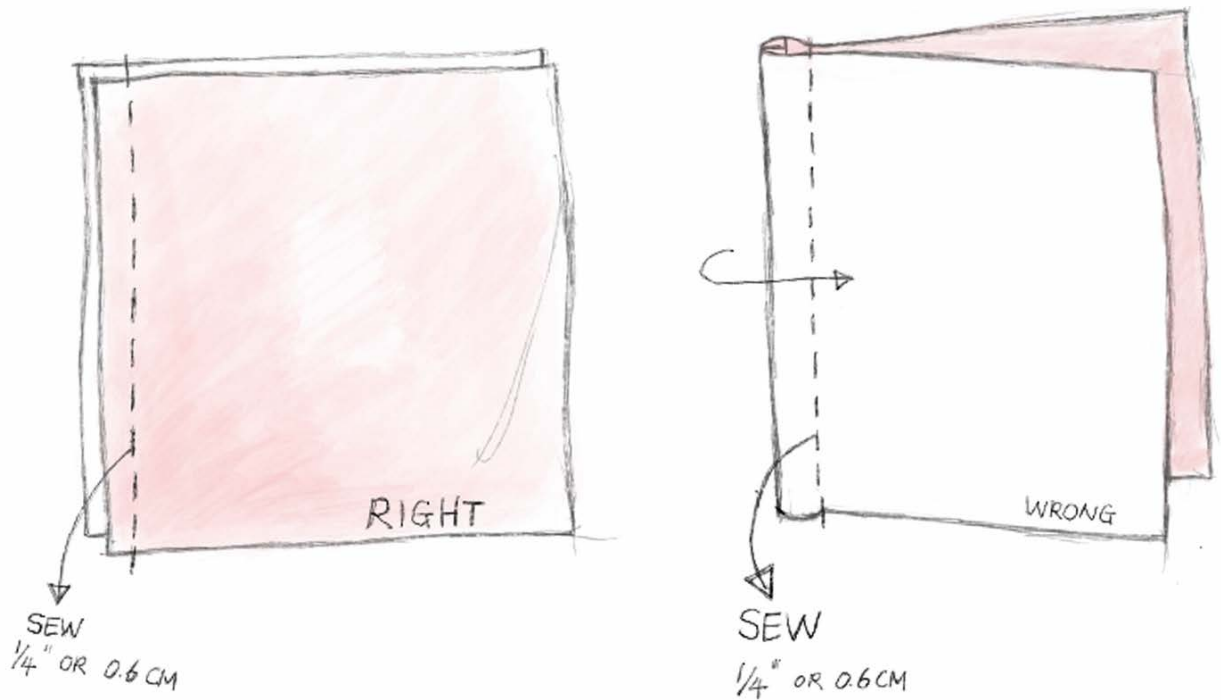


Flat felled seam or jeans seams is a great way to sew heavy duty fabric or bottoms to strengthen the garment.

Sew the fabric right sides facing each other. Trim one of the seam allowances in half. Turn the raw edge under and fold over to hide the half cut edge. Topstitch down the enclosed seam allowance.



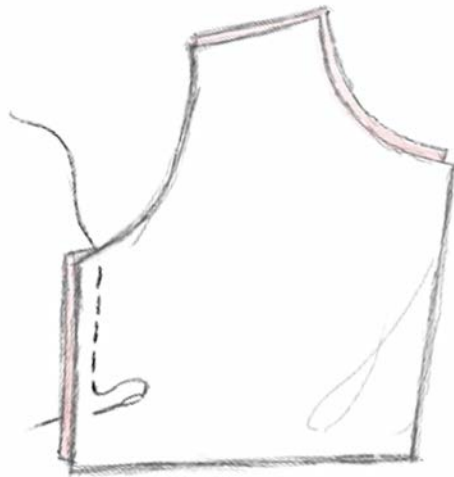
# French Seam



When sewing silk or chiffon with delicate fabrication, French seams are a great way to achieve an excellent quality finish.

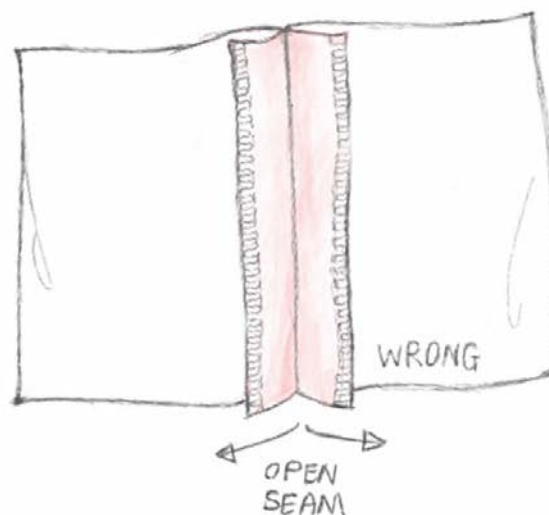
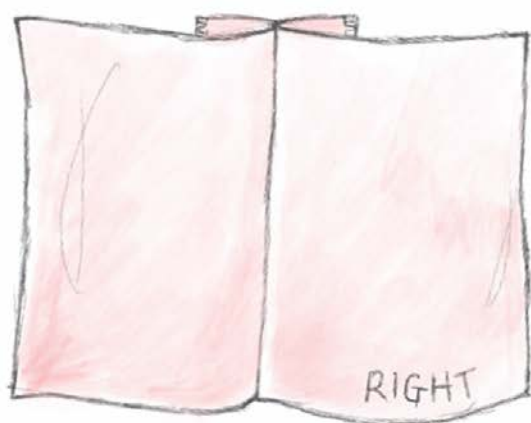
Place wrong sides of fabric facing each other and sew  $\frac{1}{4}$ " or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching  $\frac{1}{4}$ " or 0.6cm from the folded edge.

# Hand Basting



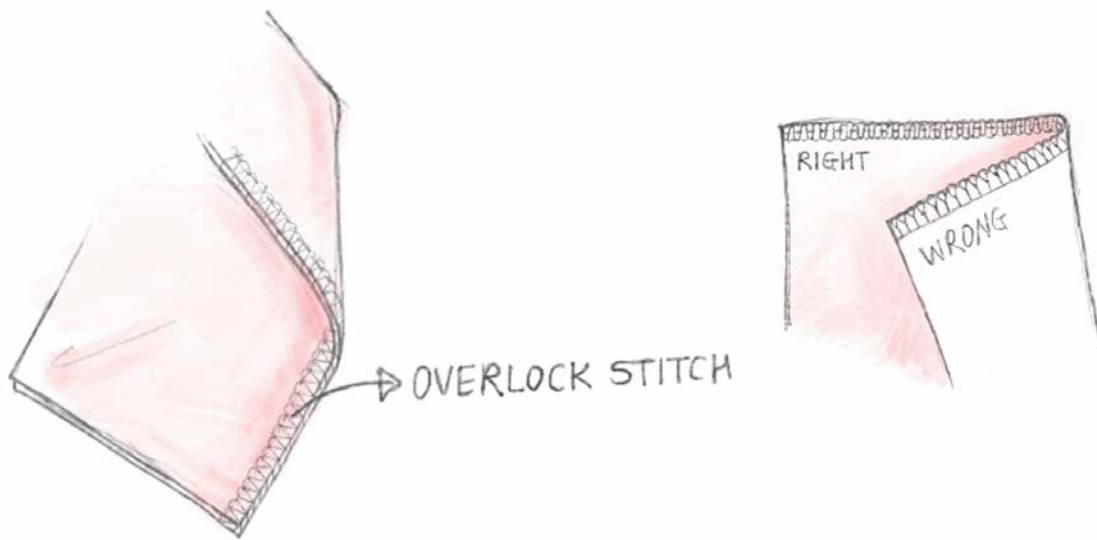
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

# Open Seam



Open seams are a technique used to make the seams clean and flat. It can be used for CF, CB, or side seams. Overlock both raw edges first, and then stitch the 2 pieces together to iron the seam open.

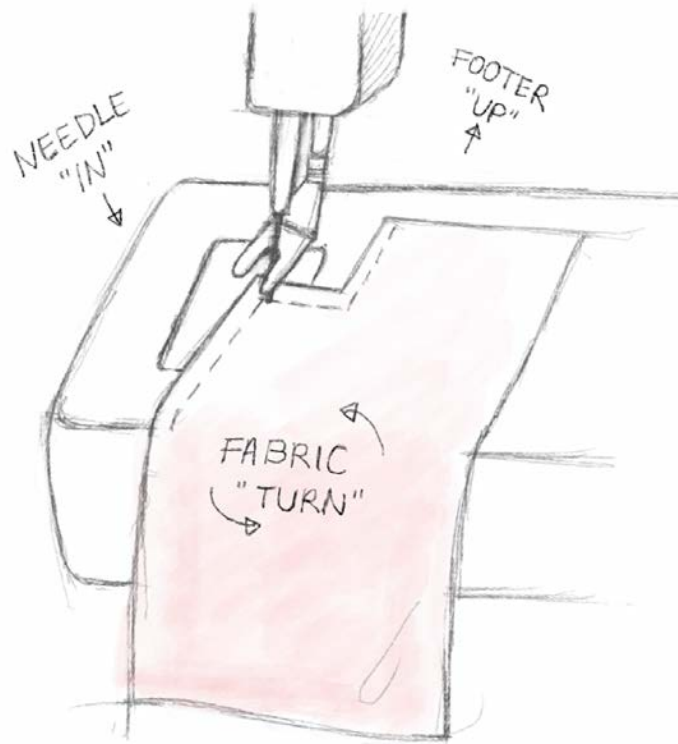
# Overlock



Overlock stitches help to bind raw cut edges to prevent from fraying. This technique is mostly accomplished by overlock machine, serger, or your home sewing machine with overlock stitch setting.

Overlock machines have 2 to 3 needles and 2 top threads and lower threads to braid and stitch, which results in a variation of blanket stitch. The knife blade cuts the fabric edge to give a clean overlock stitch.

# Pivoting

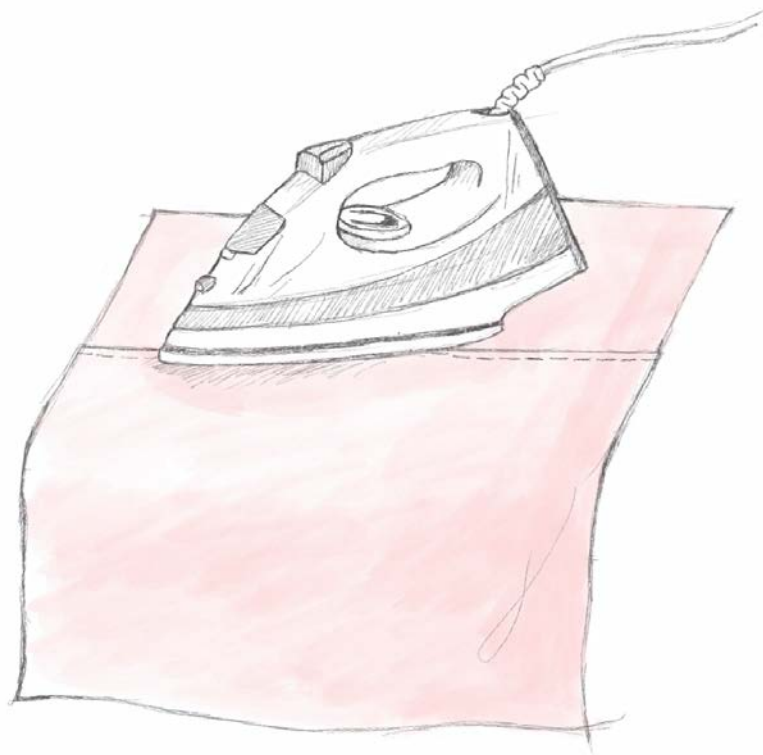


Use the pivoting method when sewing corners or at an angle such as pocket corners, tip of collars, v-neckline, etc.

Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

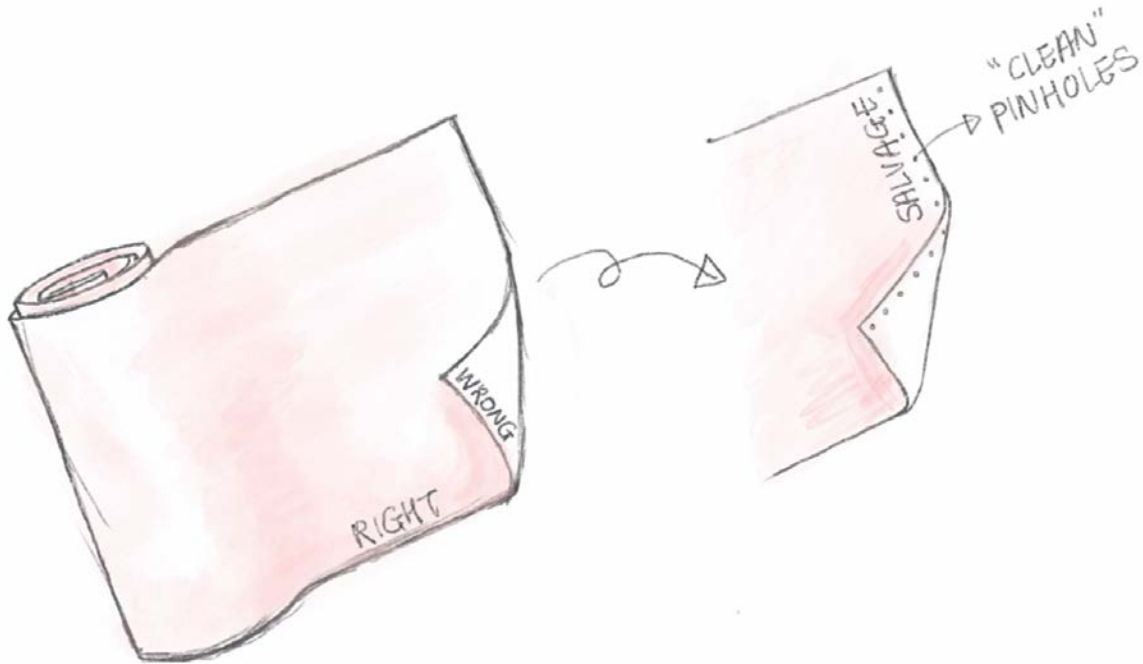


# Pressing



Steam and iron with pressure after every stitch you make in the garment. Pressing helps to relax the threads and finish the seams cleanly. Be aware to avoid extreme steam on natural fabrics such as cotton and linen due to the risk in shrinkage.

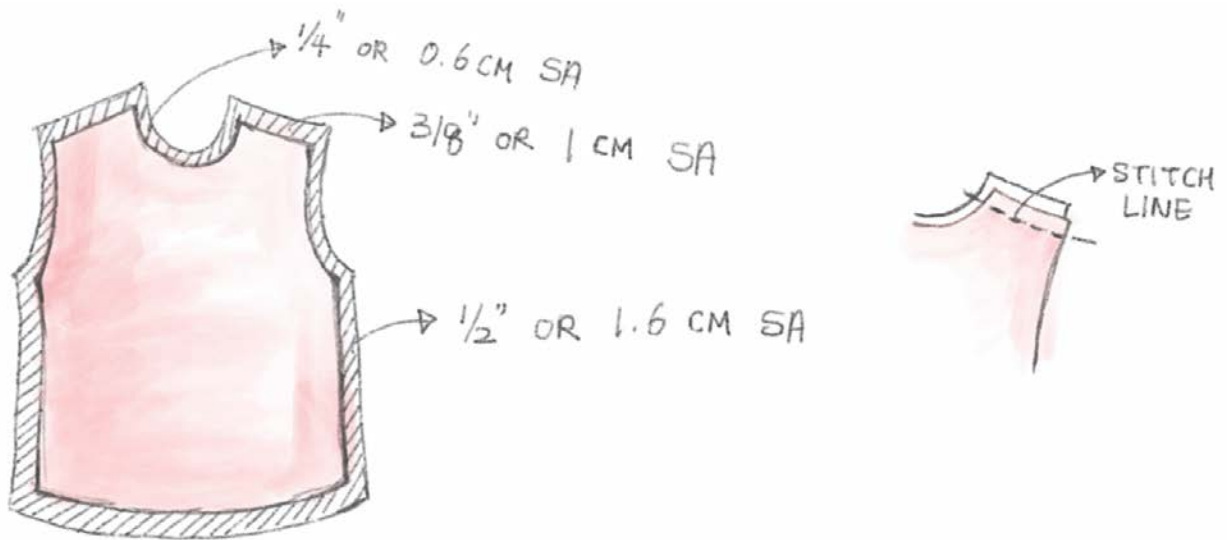
## *Right side - Wrong side*



All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

To find out the right and wrong side of the fabric, look for little pinholes along the selvage. The clean side of the holes is the right side.

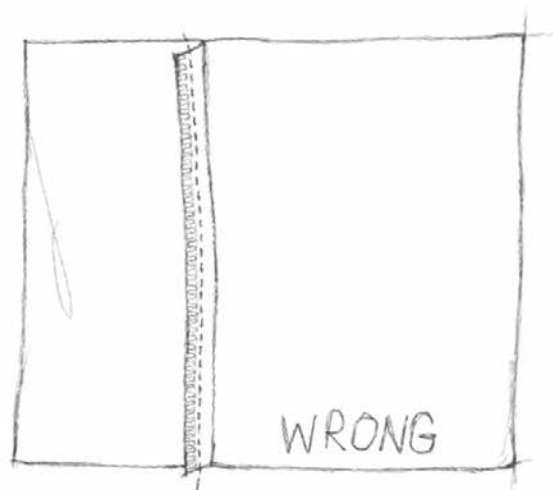
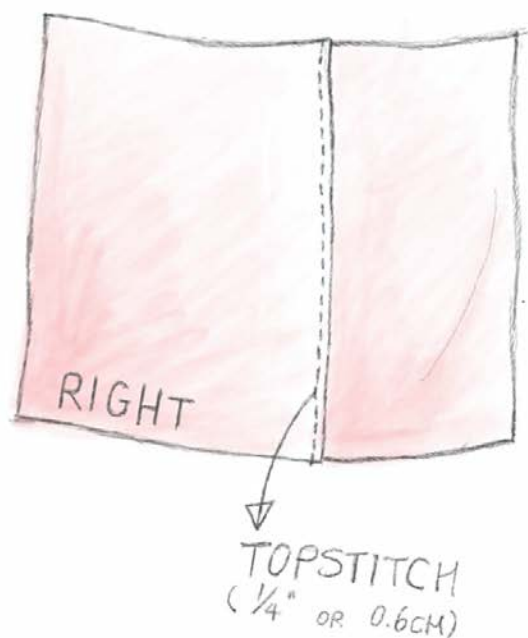
# Seam Allowance



The seam allowance or SA is the extra fabric next to the stitch line all around each pattern piece. The additional space allows us to sew everything together.

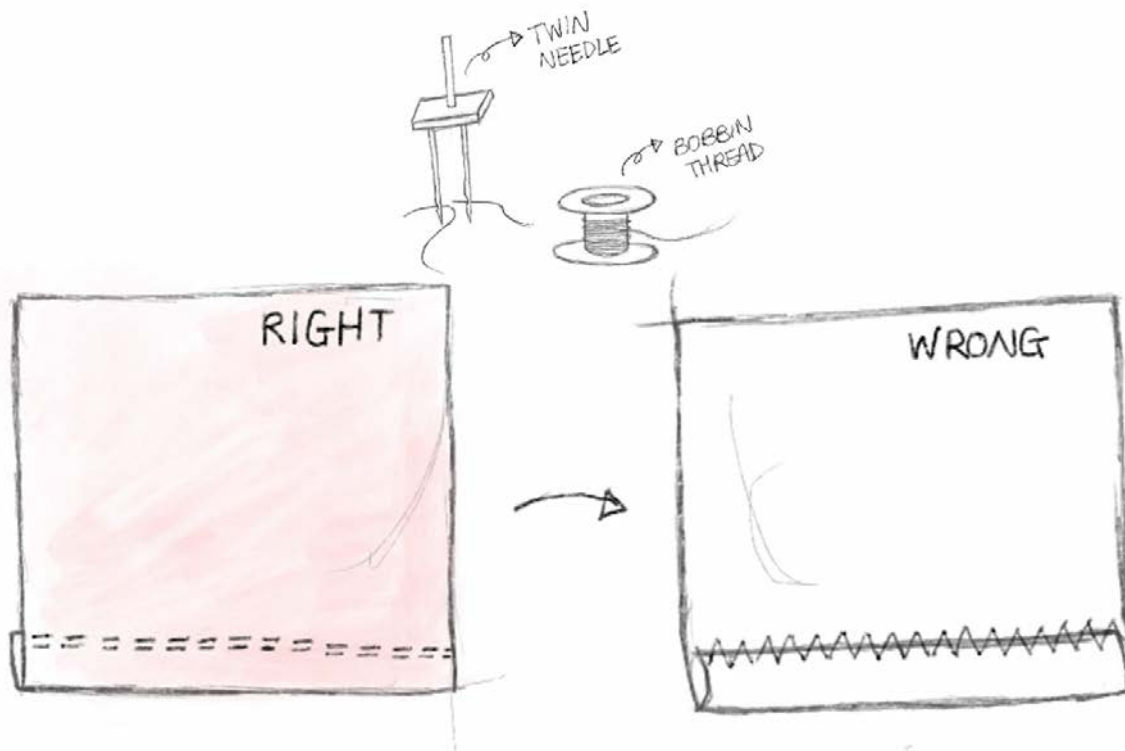
Depending on the seams and styles, the seam allowance is usually ( $\frac{1}{4}"$ ,  $\frac{3}{8}"$ ,  $\frac{1}{2}"$ ) or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

# Topstitch



The purpose of top stitches are to add strength to the garment. Iron the seam allowance to the side. Straight stitch  $\frac{1}{8}$ " or 0.3cm, or  $\frac{1}{4}$ " or 0.6cm away from the original seam to sew the right side and seam allowance together.

# Twin Needle



Twin needles are used in knit casual or sportswear for clean finishing without needing a double fold hemming method. The 2 top threads and 1 bobbin thread create parallel topstitch on the right side of the fabric and zigzag stitch on the wrong side of the fabric.