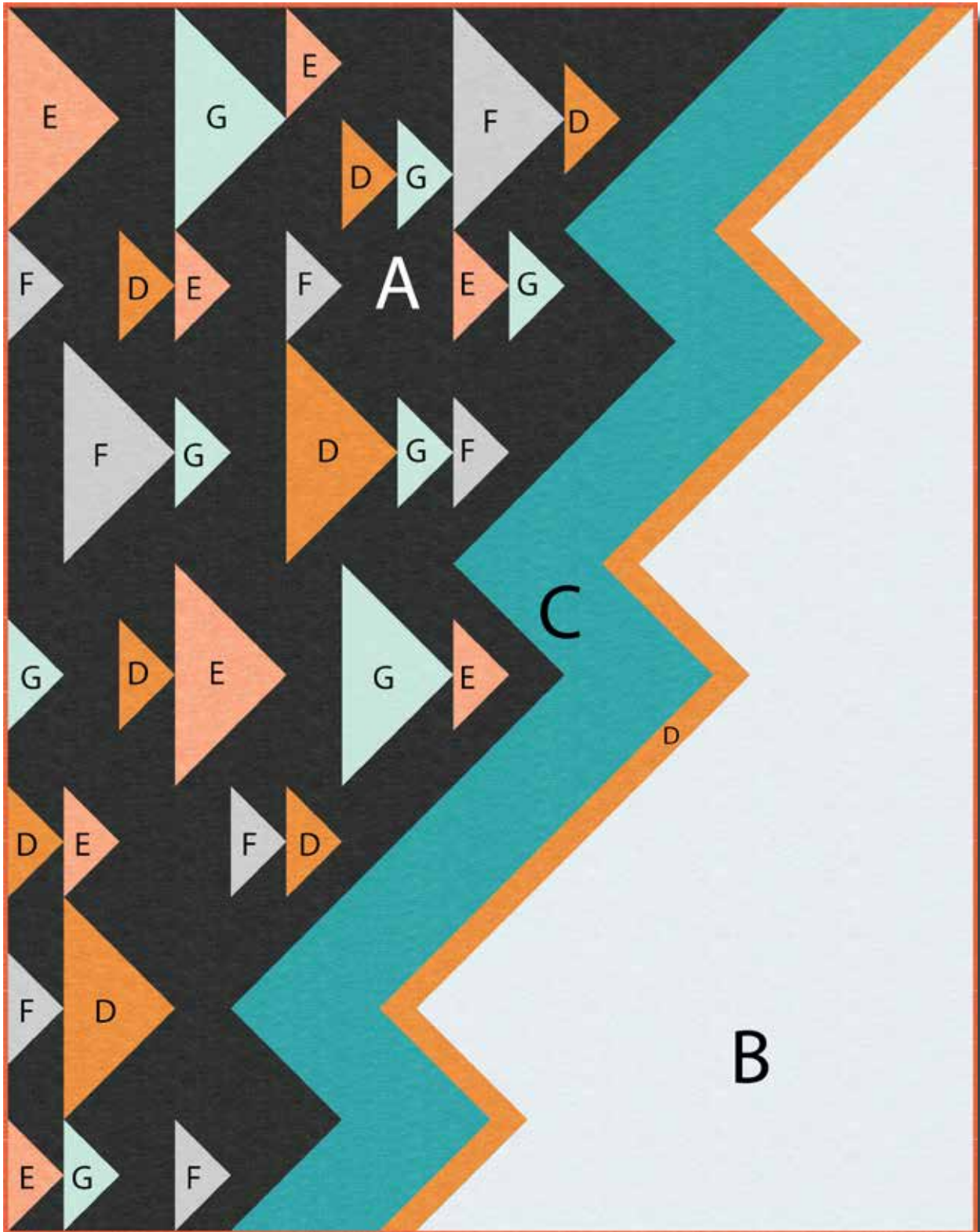


Fast Forward Quilt-Along Month 1

A modern quilt by Amanda Murphy for BERNINA.



AMANDA *A* MURPHY

Fast Forward Instructions

Fast Forward is a 52-1/2" x 66-1/2" two-sided modern quilt designed by Amanda Murphy to celebrate the BERNINA Q-Series!. It showcases her Cotton Shot fabrics for Benartex. In addition to the yardage for the version of your choice you will need:

- A 1/4" foot for piecing
- A ruler foot for quilting
- #73 adjustable open-toe foot - *optional*
- A foot that can sew a 1/2" seam allowance - *optional*
- Batting (I like Quilter's Dream- I used 1 layer bamboo and 1 layer wool for more loft)
- Quilting and piecing thread (I like Aurifil 50 wt.)
- The following Amanda Murphy Good Measure Quilting Templates: Every Ribbon Candy Set of 4, Every Circle, and Every Angle
- Good Measure 6-1/2" 6-1/2" Block Trimmer (AMSG02) - *optional*
- Good Measures 1/4" Measuring Gauge (GMAMBT5) - *optional*
- Good Measure Seam Ripper/Stiletto (AMSR503) - *optional*
- Good Measure 4" Curved Snips (AM4CSBN) - *optional*

TIP: Label your pieces as you cut them so they are easy to find when piecing!

Cutting

Fabric A - Left Background: 2-1/4 yards

Cut 6 strips 6-1/2" x WOF. Subcut into 32 squares 6-1/2" x 6-1/2".

Cut 8 strips 3-1/2" x WOF. Subcut into:

- 6 rectangles 3-1/2" x 12-1/2"
- 4 rectangles 3-1/2" x 6-1/2"
- 52 squares 3-1-1/2" x 3-1/2"

Fabric B - Right Background: 1-1/2 yards

Cut 1 strip 18-1/2" x WOF. Subcut into 1 rectangle 18-1/2" x 24-1/2". Cut the remainder of this strip into 1 square 12-1/2" x 12-1/2".

Cut 4 strips 6-1/2" x WOF. Subcut into:

- 1 rectangle 6-1/2" x 18-1/2"
- 1 rectangle 6-1/2" x 12-1/2"
- 14 squares 6-1/2" x 6-1/2"

Fabric C - Wide Zigzag: 1-1/4 yard

Cut 5 strips 6-1/2" x WOF. Subcut into:

- 11 rectangles 6-1/2" x 8-1/2"
- 11 squares 6-1/2" x 6-1/2"

Fabric D - Accent and Narrow Zigzag: 1-1/4 yard

Cut 4 strips 6-1/2" x WOF. Subcut into:

- 2 rectangles 6-1/2" x 12-1/2"
- 11 rectangles 6-1/2" x 8-1/2"

Cut 2 strips 3-1/2" x WOF. Subcut into:

- 5 rectangles 3-1/2" x 6-1/2"
- 2 squares 3-1/2" x 3-1/2"

Fabric E - Accent: 3/8 yard

Cut 1 strip 6-1/2" x WOF. Subcut into 2 rectangles 6-1/2" x 12-1/2".

Cut 1 strip 3-1/2" x WOF. Subcut into:

- 5 rectangles 3-1/2" x 6-1/2"
- 2 squares 3-1/2" x 3-1/2"

Fabric F - Accent: 3/8 yard

Cut 1 strip 6-1/2" x WOF. Subcut into 2 rectangles 6-1/2" x 12-1/2".

Cut 1 strip 3-1/2" x WOF. Subcut into:

- 5 rectangles 3-1/2" x 6-1/2"
- 2 squares 3-1/2" x 3-1/2"

Fabric G - Accent: 3/8 yard

Cut 1 strip 6-1/2" x WOF. Subcut into 2 rectangles 6-1/2" x 12-1/2".

Cut 1 strip 3-1/2" x WOF. Subcut into 6 rectangles 3-1/2" x 6-1/2".

Fabric H - Binding: 1/2 yard

Cut 7 strips 2-1/4" x WOF. Set aside for the binding.

Fabric I - Backing: 3-1/2 yards

Cut 2 strips 35-1/2" x WOF. Subcut into:

- 1 rectangle 35-1/2" x 40-1/2"
- 1 rectangle 35-1/2" x 20-1/2"
- 1 rectangle 35-1/2" x 5-1/2"
- From the remainder of this strip cut 1 rectangle 5-1/2" x 20-1/2" and 5 squares 5-1/2" x 5-1/2".

Cut 2 strips 15-1/2" x WOF. Subcut into:

- 1 rectangle 15-1/2" x 40-1/2"
- 1 rectangle 15-1/2" x 20-1/2"
- From the remainder of this strip 1 rectangle 15-1/2" x 5-1/2".

Cut 1 strip 5-1/2" x WOF. Subcut into 1 rectangle 5-1/2" x 40-1/2".

Block Piecing

"WOF" refers to width of fabric. All seams are 1/4". Press all seams open, unless otherwise noted.

Note: We will be making extra half-square triangle units as we piece the blocks for Fast Forward. These will be used to make a pieced backing as well as a bonus project.

Preparation

Draw a diagonal line on the WRONG side of:

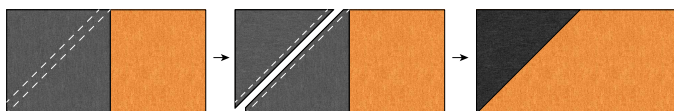
- 27 **Fabric A** squares 6-1/2" x 6-1/2". (Set the other 5 aside for quilt assembly.)
- 42 **Fabric A** squares 3-1/2" x 3-1/2". (Set the other 10 aside for quilt assembly.)
- 11 **Fabric B** squares 6-1/2" x 6-1/2". (Set the other 3 aside for quilt assembly.)
- All 11 **Fabric C** squares 6-1/2" x 6-1/2".
- Both **Fabric D** squares 3-1/2" x 3-1/2". (Set these aside for quilt assembly.)
- Both **Fabric E** squares 3-1/2" x 3-1/2". (Set these aside for quilt assembly.)
- Both **Fabric F** squares 3-1/2" x 3-1/2". (Set these aside for quilt assembly.)

Large Flying Geese

Place a **Fabric A** square 6-1/2" x 6-1/2" on the left side of a **Fabric D** rectangle 12-1/2" x 6-1/2", right sides together and orienting the diagonals as shown.

Sew right along the drawn line, a hairline more toward the outer corners to allow for fabric thickness. Sew another seam 1/2" away, closer to the unit's corner.

Cut the unit through both layers down the middle of the two seams. The resulting units will each have 1/4" trim lines. Place the smaller unit aside. Press the seam of the rectangular unit open.

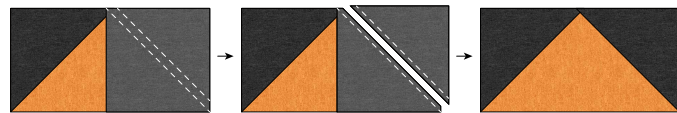


Make 2 each of Fabrics D, E, F, and G

Place another **Fabric A** square 6-1/2" x 6-1/2" on the right sides of this unit, right sides together and orienting the diagonals as shown. Sew right along the drawn line, a hairline more toward the outer corners to allow for fabric thickness.

Sew another seam 1/2" away, closer to the unit's corner. *You can do this by either drawing a line and stitching along it, or by using a foot that can sew a 1/2" seam!*

Cut the unit through both layers down the middle of the two seams. The resulting units will each have 1/4" trim lines. Place the smaller unit aside. Press the seam of the rectangular unit open.



Make 2 each of Fabrics D, E, F, and G

Repeat to make 2 Flying Geese units each with Fabrics D, E, F, and G.

Small Flying Geese

Place a **Fabric A** square 3-1/2" x 3-1/2" on the left side of a **Fabric D** rectangle 6-1/2" x 3-1/2", right sides together and orienting the diagonals as shown. Sew right along the drawn line, a hairline more toward the outer corners to allow for fabric thickness.

Sew another seam 1/2" away, closer to the unit's corner.

Cut the unit through both layers down the middle of the two seams. The resulting units will each have 1/4" trim lines. Place the smaller unit aside. Press the seam of the rectangular unit open.



**Make 5 each of Fabrics D, E, and F.
Make 6 of Fabric G.**

Place another **Fabric A** square 3-1/2" x 3-1/2" on the right sides of this unit, right sides together and orienting the diagonals as shown. Sew right along the drawn line, a hairline more toward the outer corners to allow for fabric thickness.

Sew another seam 1/2" away, closer to the unit's corner.

Cut the unit through both layers down the middle of the two seams. The resulting units will each have 1/4" trim lines. Place the smaller unit aside. Press the seam of the rectangular unit open.



**Make 5 each of Fabrics D, E, and F.
Make 6 of Fabric G.**

Repeat to make 5 Flying Geese units each with Fabrics D, E, and F. Make 6 with **Fabric F**.

"Stitch-and-Flip" Zigzag Units

Following the diagrams on the right, place a **Fabric C** square 6-1/2" x 6-1/2" on the left side of a **Fabric D** rectangle 8-1/2" x 6-1/2", right sides together and orienting the diagonals as shown. Sew right along the drawn line, a hairline more toward the outer corners to allow for fabric thickness.

Sew another seam 1/2" away, closer to the unit's corner.

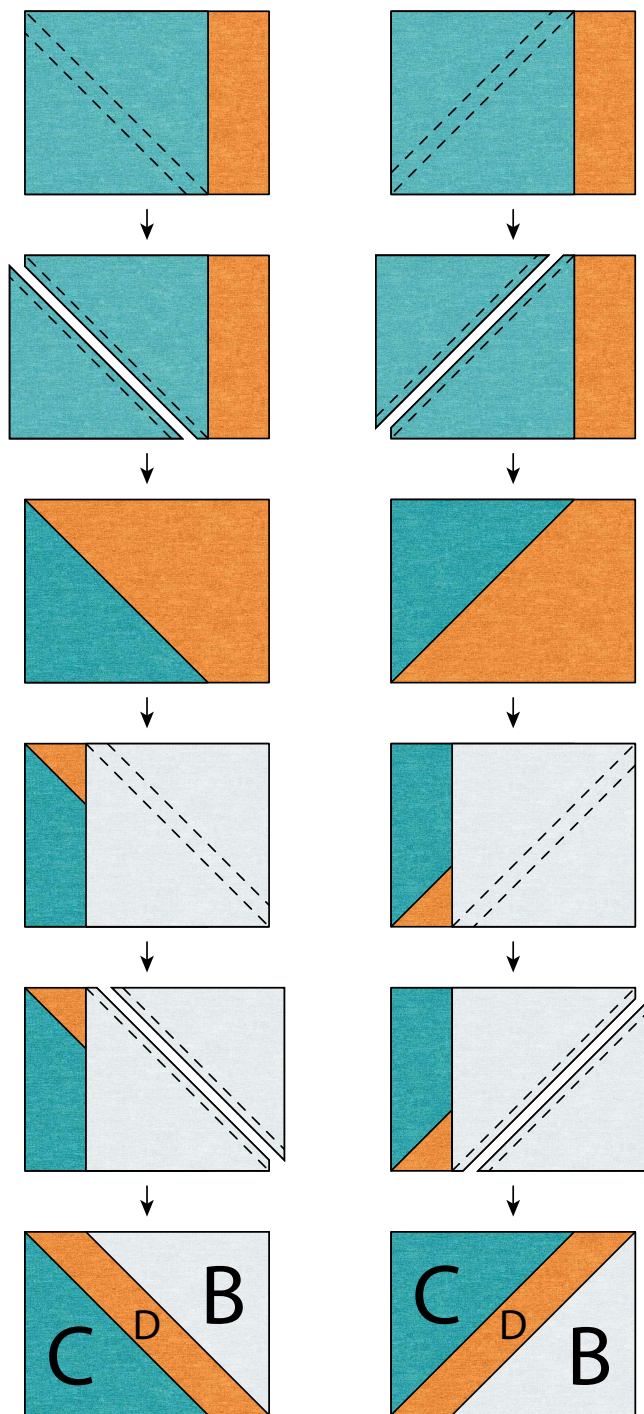
Cut the unit through both layers down the middle of the two seams. The resulting units will each have 1/4" trim lines. Place the smaller unit aside. Press the seam of the rectangular unit open.

Continuing to follow the diagrams on the right, place a **Fabric B** square 6-1/2" x 6-1/2" on the right side of these units, right sides together and orienting the diagonals as shown. Sew right along the drawn line, a hairline more toward the outer corners to allow for fabric thickness.

Sew another seam 1/2" away, closer to the unit's corner.

Cut the unit through both layers down the middle of the two seams. The resulting units will each have 1/4" trim lines. Place the smaller unit aside. Press the seam of the rectangular unit open.

Repeat to make the specified number of units.



Make 3

Make 8

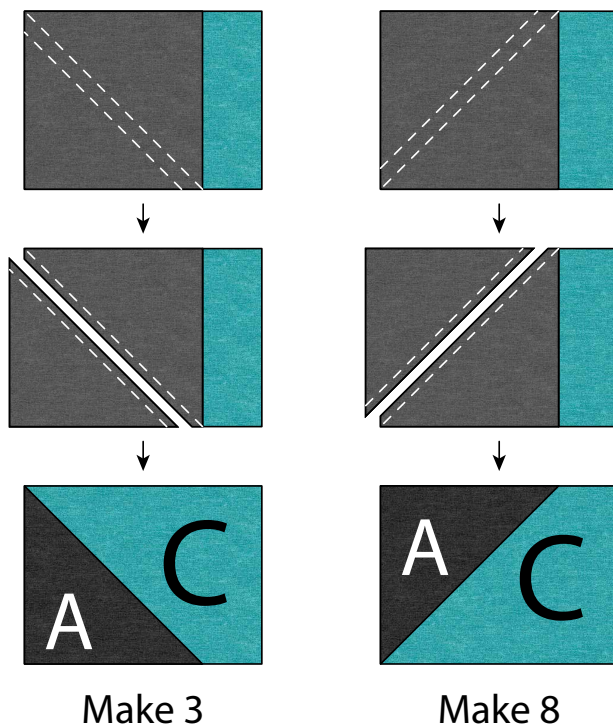
"Stitch-and-Flip" Zigzag Units (continued)

Following the diagrams on the right, place a **Fabric A** square 6-1/2" x 6-1/2" on the left side of a **Fabric C** rectangle 8-1/2" x 6-1/2", right sides together and orienting the diagonals as shown. Sew right along the drawn line, a hairline more toward the outer corners to allow for fabric thickness.

Sew another seam 1/2" away, closer to the unit's corner.

Cut the unit through both layers down the middle of the two seams. The resulting units will each have 1/4" trim lines. Place the smaller unit aside. Press the seam of the rectangular unit open.

Repeat to make the specified number of units.



Extra Units

In the process of making the flying geese and stitch-and-flip blocks, you've made a lot of extra half-square triangle units - you should have what is in the diagram below. Press their seams open.

Trim the large half-square triangles to 5-1/2" x 5-1/2". We'll use these for the quilt's backing.

Trim the small half-square triangles to 2-1/2" x 2-1/2". We'll use these for the bonus project.

