

Spiral Rosette Quilt Motif: Complete Step-by-Step Tutorial

The **Spiral Rosette Quilt Motif** is a beautiful fabric design created by wrapping and sewing coordinating fabric strips around a small center shape. As each new strip is added, the colors appear to rotate around the center, producing an attractive spiral effect.

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A finished rosette measures approximately **12.5 cm (5 inches) across**. You can use one rosette as a coaster, decorative appliqué, ornament, or patch. Several finished rosettes can also be joined together to create a table runner, pillow cover, wall hanging, bag panel, or full quilt.

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SPIRAL ROSETTE QUILT MOTIF

STEP-BY-STEP TUTORIAL

This beautiful spiral rosette is made with fabric strips using the English Paper Piecing (EPP) or Foundation Piecing method. You can hand sew or machine piece it precisely. Finished size of one rosette: 12.5 cm (5").



MATERIALS

- 100% cotton fabrics in coordinating prints (pinks, purples, reds, creams)
- Fabric strips: 2.5 cm wide (1") in various fabrics
- Template plastic or cardstock (optional for EPP)
- Thread to match fabrics
- Sewing needle (hand sewing) or machine
- Rotary cutter, ruler, cutting mat
- Fabric glue pen (optional)
- Iron and pressing board

STRIP GUIDE

All strips are 2.5 cm (1") wide. Cut the following lengths:

- Round 1: 12.5 cm (5")
- Round 2: 15 cm (6")
- Round 3: 17.5 cm (7")
- Round 4: 20 cm (8")
- Round 5: 22.5 cm (9")
- Round 6: 25 cm (10")
- Round 7: 27.5 cm (11")
- Round 8: 30 cm (12")

(You will need one strip of each length per rosette.)

STRIP LENGTH REFERENCE



1. CUTTING

Cut fabric strips 2.5 cm (1") wide with the lengths listed in the Strip Guide.



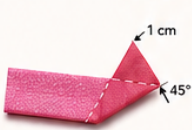
2. FOLD AND PREPARE

Fold each strip in half lengthwise, wrong sides together, and press.



3. START THE CENTER

Take the shortest strip (12.5 cm). Fold and make a 45° angle at one end, about 1 cm from the tip.



4. WRAP AND FOLD

Wrap the strip around to form a spiral. Fold at a 45° angle, aligning the edge with the previous fold.



5. CONTINUE THE SPIRAL

Add the next strip (15 cm). Place it right sides together with the previous strip, fold at 45° and align.



6. KEEP ADDING STRIPS

Continue adding strips from shortest to longest, always folding at 45° and aligning the edges to create a spiral.



7. STITCHING (HAND SEWING)

Use small, neat slip stitches to sew the strips together at each folded section.



8. OR MACHINE PIECING

Sew along the edge of each fold using a 1/4" (0.7 cm) seam allowance.



9. FINISH THE OUTER EDGE

After the last (longest) strip is added, trim the excess fabric, leaving 1 cm seam allowance.



10. PRESS

Press the entire rosette carefully with steam, keeping the shape flat.



11. TRIM TO SHAPE

Trim the back if needed to neaten the edges.



12. YOUR ROSETTE IS READY!

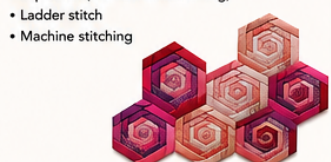
Finished size: 12.5 cm (5")
Use as a block, join with others or add to your quilt project.



JOINING MULTIPLE ROSETTES

Arrange the rosettes in your desired layout and join them together using:

- Slip stitch (invisible hand sewing)
- Ladder stitch
- Machine stitching



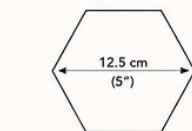
ENGLISH PAPER PIECING (EPP) OPTION

Use a paper hexagon template (12.5 cm/5" across). Wrap your fabric strips around the paper template instead of folding. Baste each strip to the paper, then whip stitch the strips together over the template.



ROSETTE TEMPLATE (for EPP)

Make a template from cardstock or plastic. Cut 1 piece for each rosette.



QUILT LAYOUT IDEAS

Use multiple rosettes to create table runners, wall hangings, pillows, or quilt blocks.



LEGEND - US SEWING / QUILTING TERMS

- **Seam Allowance (SA):** Extra fabric added to allow for sewing (commonly 1/4" or 0.7 cm).
- **Right Sides Together (RST):** Fabric facing each other.
- **Wrong Side (WS):** The back side of the fabric.
- **Press:** Use an iron to set a seam flat.
- **Fold:** Crease fabric with wrong sides together.
- **45° Angle:** Diagonal fold for clean joins.
- **Slip Stitch:** Small invisible hand stitch to join fabric without visible stitches on the front.

US STANDARD SEAM ALLOWANCE

Use 1/4 inch (0.7 cm) unless otherwise stated.



TIPS

- Use high quality cotton for best results.
- Press each fold carefully for a crisp shape.
- Keep your stitches small and even.
- Color placement can create beautiful effects.
- Have fun and experiment with different colorways!

ENJOY MAKING YOUR SPIRAL ROSETTES! HAPPY QUILTING!



This project can be sewn by hand or with a sewing machine. The most important parts of the process are accurate cutting, a consistent seam allowance, careful pressing, and adding the fabric strips in the correct order.

Materials and Tools

Gather all your materials before beginning the project.

You will need:

- 100% quilting cotton in coordinating colors and prints
- Fabric strips in pink, purple, red, cream, or other harmonious colors
- Rotary cutter
- Acrylic quilting ruler
- Self-healing cutting mat
- Fabric scissors
- Fine sewing pins or quilting clips
- Matching or neutral sewing thread
- Hand-sewing needle or sewing machine
- Iron
- Pressing board
- Fabric-marking pencil
- Template plastic or lightweight cardstock, if desired
- Fabric glue pen, optional
- Seam ripper
- Small ruler for checking the finished shape

Choose at least eight different fabrics for a clearly visible spiral. A combination of small floral prints, dots, solids, and tone-on-tone fabrics usually creates a balanced result.

For the easiest construction, use lightweight quilting cotton. Avoid very thick fabric because the center of the motif contains several seam allowances and can become bulky.

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Finished Size and Seam Allowance

One completed rosette should measure approximately:

- **12.5 cm across**
- **Approximately 5 inches across**

Use a consistent **6 mm or ¼-inch seam allowance** throughout the project.

A consistent seam allowance is essential. Even a small difference in each seam can affect the final shape and may prevent several rosettes from fitting together correctly.

The measurements in this tutorial are designed for a small decorative rosette. You may enlarge the project later, but beginners should complete one rosette at the original size before changing the measurements.

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Fabric Strip Cutting Guide

Cut all fabric strips to a width of:

- **2.5 cm or 1 inch**

Cut one strip in each of the following lengths:

- Round 1: **12.5 cm or 5 inches**
- Round 2: **15 cm or 6 inches**
- Round 3: **17.5 cm or 7 inches**
- Round 4: **20 cm or 8 inches**
- Round 5: **22.5 cm or 9 inches**
- Round 6: **25 cm or 10 inches**
- Round 7: **27.5 cm or 11 inches**
- Round 8: **30 cm or 12 inches**

You will need one strip of each length for every rosette.

Place the cut strips on your work surface from shortest to longest. Numbering them with small removable paper labels can help you keep them in the correct order.

Check that every strip is exactly **2.5 cm wide**. Uneven strips can make the spiral edges irregular.

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Step 1: Select the Fabric Color Order

Arrange the eight fabric strips before sewing anything.

Start with the shortest strip, which will form the center of the rosette. Place the next strip beside it and continue arranging the remaining strips in increasing order.

Try to alternate light, medium, and dark values. For example, place a pale cream beside a medium pink, followed by a dark purple, a floral red, and another lighter print.

The spiral is easier to see when neighboring fabrics have enough contrast. Two prints with nearly identical colors may visually blend together.

Take a photograph of the arrangement before sewing. You can use the photograph as a reference if the strips become mixed during construction.

For a soft coordinated look, use different fabrics from one color family. For a more dramatic rosette, alternate contrasting colors.

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SPIRAL ROSETTE QUILT MOTIF - TEMPLATE

All seam allowances included (0.7 cm / ¼")

STRIP TEMPLATES

Cut the number of strips needed from fabric according to the Strip Guide.

Round	Length	Width
Round 1	12.5 cm (5")	2.5 cm
Round 2	15 cm (6")	2.5 cm
Round 3	17.5 cm (7")	2.5 cm
Round 4	20 cm (8")	2.5 cm
Round 5	22.5 cm (9")	2.5 cm
Round 6	25 cm (10")	2.5 cm
Round 7	27.5 cm (11")	2.5 cm
Round 8	30 cm (12")	2.5 cm

FOLDED STRIP (for center start)

Cut 1 strip 12.5 cm (5") long and fold as shown.

1 cm
45°

FINISHED MOTIF SIZE

One rosette:
12.5 cm (5") across (point to point)

FINISHED SPIRAL ROSETTE

CUTTING GUIDE

Call strips are 2.5 cm (1") wide. Cut the following lengths:

Round 1:	12.5 cm (5")
Round 2:	15 cm (6")
Round 3:	17.5 cm (7")
Round 4:	20 cm (8")
Round 5:	22.5 cm (9")
Round 6:	25 cm (10")
Round 7:	27.5 cm (11")
Round 8:	30 cm (12")

(You will need one strip of each length per rosette.)

JOINING MULTIPLE ROSETTES

Arrange the rosettes in your desired layout and join them together using:

- Slip stitch (invisible hand sewing)
- Ladder stitch
- Machine stitching

ROSETTE TEMPLATE (for English Paper Piecing option)

Make a template from cardstock or plastic. Cut 1 piece for each rosette.

QUILT LAYOUT IDEAS

Use multiple rosettes to create:

- Table runners
- Wall hangings
- Pillows
- Quilt blocks

LEGEND - US SEWING / QUILTING METHODS

- Seam Allowance (SA): Extra fabric added to allow for sewing (commonly ¼" or 0.7 cm).
- RST Right Sides Together (RST): Fabric facing each other.
- WS Wrong Side (WS): The back side of the fabric.
- Press: Use an iron to set a seam flat.
- Fold: Crease fabric with wrong sides together.
- 45° Angle: Diagonal fold for clean joins.
- Slip Stitch: Small invisible hand stitch.
- Ladder Stitch: Invisible stitch to join pieces.

Step 2: Prepare the Center

Take the **12.5 cm strip** selected for the first round.

Fold one short end inward by approximately **6 mm or ¼ inch** and press it. This folded edge will help create a clean center.

Begin rolling or folding the strip into a compact polygonal center. The tutorial design resembles a small hexagonal center rather than a tight circular coil.

Keep the folds firm and even. Do not pull the fabric so tightly that it becomes distorted.

Use a small dot from a fabric glue pen to hold the folds temporarily, or secure them with a few hand stitches.

The center should lie flat. If it begins to twist or form a raised bump, open it and adjust the folds before continuing.

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Step 3: Secure the First Center Shape

Thread a hand-sewing needle with matching or neutral thread, or prepare your sewing machine with a standard straight stitch.

Sew across the folded areas to secure the center. Use small stitches if sewing by hand.

When machine sewing, shorten the stitch length slightly so the small center remains stable.

Backstitch carefully at the beginning and end, but avoid creating a thick knot of thread.

Press the center gently with the tip of the iron.

Do not move the iron back and forth. Press it down briefly, lift it, and reposition it. This prevents the small center from stretching.

The completed center will become the foundation for all the remaining strips.

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Step 4: Add the Second Fabric Strip

Take the **15 cm strip**.

Place one short end against one edge of the center, with the right sides of the fabrics facing each other.

Align the raw edges and sew using a **6 mm or ¼-inch seam allowance**.

Fold the new strip away from the center and press the seam.

Wrap the strip around the next side of the center. Fold or miter the fabric at each corner so it follows the polygonal shape.

Continue sewing one section at a time.

Do not sew the entire strip without checking the corners. Working slowly around the center creates cleaner angles and a flatter motif.

When you reach the starting point, trim excessive fabric if necessary. Fold the end under and secure it neatly.

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Step 5: Create the First Complete Round

As you wrap the second strip around the center, maintain an even visible width.

Each side of the new round should be approximately the same size. The center must remain centered inside the new fabric layer.

At each corner, stop sewing before the edge, fold the strip in the new direction, and check the angle.

A small amount of fabric overlap may occur at the corners. Keep this overlap controlled to avoid bulk.

After completing the round, press from the front and then from the back.

Check that the piece remains flat on the pressing board. A small wave can usually be corrected by reopening one fold and adjusting the angle.

This first complete round establishes the direction of the spiral, so take extra time to make it accurate.

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Step 6: Add the 17.5 cm Strip

Take the **17.5 cm or 7-inch strip**.

Start on the next side of the shape rather than directly above the previous starting point. Changing the starting position helps create the rotating spiral appearance.

Place the strip right sides together with the edge of the existing round.

Sew the first section with the same **6 mm or ¼-inch seam allowance**.

Press the strip outward.

Continue wrapping it around the rosette, forming a clean fold at every corner.

Keep the strip flat and avoid stretching the outer edge.

At the end, trim if needed, fold the raw edge under, and sew it securely.

Press the completed round before adding another strip.

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Step 7: Add the 20 cm Strip

Use the **20 cm or 8-inch strip** for the next round.

Position its beginning on the next side of the rosette. The starting points should gradually rotate around the motif.

Sew the first edge, fold the strip outward, and press.

Wrap the strip around each side, forming neat corners.

Check the rosette after every two or three sides. The center should still appear balanced.

When finishing the strip, avoid leaving a bulky overlap. Trim the end so that only enough fabric remains to fold under securely.

Press the entire motif flat.

At this stage, the spiral should become easier to recognize.

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Step 8: Add the 22.5 cm Strip

Take the **22.5 cm or 9-inch strip**.

Continue using the same process: align, sew, fold, press, and wrap.

Begin on a different side from the previous strip.

Keep the visible portion of the new round approximately the same width around the entire motif.

Use pins or quilting clips only where necessary. Too many pins can distort a narrow strip.

Make sure the fabric remains right side up after it is folded away from the seam.

Trim and finish the final end neatly.

Press the rosette from the back first and then from the front.

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Step 9: Add the 25 cm Strip

Use the **25 cm or 10-inch strip** for the next layer.

By this stage, the rosette is larger and easier to handle, but accuracy is still important.

Match the beginning of the strip to one straight edge.

Sew slowly toward the first corner.

Fold the strip around the corner while keeping the fold sharp and the fabric relaxed.

Continue around all sides.

If one side appears wider than the others, correct it before completing the round.

Finish the strip with a folded edge, secure it, and press.

Use a ruler to check that opposite sides are developing evenly.

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Step 10: Add the 27.5 cm Strip

Take the **27.5 cm or 11-inch strip**.

This strip creates one of the outer rounds and will strongly influence the final shape.

Begin on the next side in the rotating sequence.

Sew with the same seam allowance used in all previous rounds.

Press every seam before wrapping the next section.

Keep all outer corners crisp.

Avoid pulling the strip around the shape because tension can cause the edges to curl.

Finish the end carefully and press the motif flat.

Place the rosette on the cutting mat and inspect it from above. The spiral should appear continuous from the center toward the outside.

Step 11: Add the Final 30 cm Strip

Use the **30 cm or 12-inch strip** for the final round.

Choose a fabric that creates a clear frame around the rosette. A medium or dark fabric often works well, although a light outer round can also produce a delicate effect.

Align the beginning of the strip with one side, right sides together.

Sew the first seam, press the strip outward, and continue around the shape.

Pay close attention to the final corners because they define the outer silhouette.

Complete the final join by trimming the strip to the required length.

Fold the raw end under and sew it securely.

Give the entire rosette a careful final press.

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Step 12: Shape and Trim the Rosette

Place the pressed rosette on a cutting mat.

Use an acrylic ruler to check the distance across the motif. The target measurement is approximately **12.5 cm or 5 inches**.

Identify any uneven edges or small fabric points extending beyond the intended shape.

Trim only minimal amounts of fabric. Excessive trimming can reduce the seam allowance and weaken the outer edge.

Check all sides before cutting.

The motif should have a balanced polygonal or hexagonal outline.

When making several rosettes, use the first finished motif as a size reference. Every additional rosette should match it as closely as possible.

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Step 13: Secure the Outer Edge

Before using or joining the rosette, secure the outside edge.

Machine sew approximately **3 mm or 1/8 inch** inside the raw outer edge. This line of stitching is often called staystitching.

Staystitching prevents the layers from shifting and keeps the outer seams from opening during assembly.

When hand sewing, use small running stitches around the entire edge.

Do not pull the thread tightly.

After stitching, press the edge one more time.

The rosette is now ready to be appliquéd, backed, quilted, or joined to other motifs.

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Step 14: Make Additional Rosettes

To create a larger project, repeat the same process for every rosette.

Cut all strips in batches to save time.

Keep the strip width and seam allowance consistent.

You may repeat the same color order for every rosette or change the order to create variety.

For a coordinated quilt, use the same group of fabrics while rotating their positions.

Lay completed rosettes beside one another as you work. This makes it easier to balance light and dark colors across the final design.

Press every rosette and confirm its measurement before joining.

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Step 15: Arrange the Rosettes

Place all finished motifs on a large flat surface.

Arrange them with the edges touching. A group of rosettes can form a honeycomb, flower, or larger geometric panel.

Move the motifs until the colors are evenly distributed.

Avoid placing several very dark motifs in one area unless that is part of the planned design.

Take a photograph of the final arrangement.

Number the motifs with removable paper labels if the layout is complex.

Work with one row or section at a time to prevent pieces from becoming mixed.

Step 16: Join the Rosettes by Hand

Place two rosettes with their right sides facing each other.

Align one matching edge.

Thread a hand-sewing needle with strong coordinating thread.

Use a small whipstitch or ladder stitch along the aligned edge.

Catch only the folded edge or seam allowance whenever possible so the stitches remain discreet on the front.

Keep the edges aligned from corner to corner.

Do not pull the thread too tightly because this may cause the joined motifs to cup.

Open the two rosettes and press the seam gently.

Continue adding motifs according to the planned layout.

Step 17: Join the Rosettes by Machine

Rosettes may also be joined with a sewing machine.

Place two motifs right sides together with one edge perfectly aligned.

Pin or clip the edge.

Sew with a narrow seam allowance that matches the construction of the motifs.

Backstitch at both ends.

Open the joined pieces and press the seam carefully.

When joining multiple motifs, first create rows and then join the rows together.

Match all corner intersections before sewing longer sections.

Machine joining is faster, but hand joining may offer more control around small corners.

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Step 18: Appliqué a Single Rosette

A single rosette can be appliquéd to a background square.

Cut a background square larger than the motif. For example, use a **20 cm square** for a rosette measuring approximately **12.5 cm**.

Center the motif on the background.

Secure it with pins, temporary fabric glue, or hand-basting stitches.

Sew close to the outer edge using a straight stitch, narrow zigzag stitch, blanket stitch, or hand appliqué stitch.

Keep the motif flat while sewing.

Press from the back after the appliqué is complete.

The background square can then be included in a pillow, bag, quilt, or wall hanging.

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Step 19: Add Batting and Backing

To turn the rosette panel into a quilted project, prepare three layers:

1. The completed rosette top

2. Batting
3. Backing fabric

Cut the batting and backing slightly larger than the patchwork top.

Place the backing fabric wrong side up.

Position the batting over the backing.

Place the rosette panel right side up on top.

Smooth all three layers from the center outward.

Baste the layers with safety pins, temporary spray adhesive, or long hand-basting stitches.

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Step 20: Quilt the Project

Quilting secures the layers and adds texture.

You can stitch in the ditch along the seams between the fabric strips.

Stitching in the ditch means sewing directly in or immediately beside a seam line.

You may also quilt a small spiral from the center toward the outside.

Another option is echo quilting, where each quilting line follows the outline of the rosette at an even distance.

Begin near the center and move outward to reduce wrinkles.

Use a walking foot when machine quilting several fabric layers.

Check the back frequently to make sure there are no folds or thread tangles.

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Step 21: Add Binding

After quilting, trim the backing and batting even with the project edges.

Prepare quilt binding from fabric strips cut on the straight grain or bias.

For a small project, binding strips approximately **6 cm or 2½ inches wide** work well.

Join the binding strips end to end.

Fold the long binding strip in half lengthwise with the wrong sides together and press.

Sew the binding to the front edge using a **6 mm or ¼-inch seam allowance**.

Fold the binding over the raw edge toward the back.

Hand stitch or machine stitch the folded binding edge in place.

Press the completed project carefully.

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Step 22: Final Pressing and Inspection

Place the finished project on a clean pressing surface.

Check that every rosette lies flat.

Inspect the joins, outer edges, quilting stitches, and binding.

Remove any visible basting thread.

Trim loose thread ends.

Press from the back using medium heat suitable for cotton.

Turn the project to the front and press gently.

Allow it to cool completely while lying flat. Cooling helps the seams and folds retain their finished shape.

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Important US Quilting and Sewing Methods

Right Sides Together: Place the printed or finished sides of two fabrics facing each other before sewing a seam.

¼-Inch Seam Allowance: The standard seam allowance used for most quilting projects. It equals approximately 6 mm.

Pressing: Lift and lower the iron rather than sliding it aggressively across the fabric.

Finger Pressing: Use your fingers to flatten a seam temporarily before ironing.

Stitch in the Ditch: Quilt directly along a patchwork seam.

Staystitching: Sew close to a raw edge to prevent stretching and seam separation.

Chain Piecing: Sew several similar pieces one after another without cutting the thread between each piece.

Whipstitch: A small hand stitch used to join two folded edges.

Ladder Stitch: A nearly invisible hand stitch that closes an opening or joins two finished edges.

Foundation Piecing: A method in which fabric pieces are sewn onto a paper or fabric foundation for improved accuracy.

English Paper Piecing: A hand-sewing method that uses paper templates to maintain precise geometric shapes.

Fussy Cutting: Positioning a specific printed design in the center of a fabric piece before cutting.

Echo Quilting: Quilting repeated lines that follow the outline of a shape.

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Helpful Tips for Accurate Results

Always make a test rosette before cutting fabric for a large quilt.

Use a new rotary-cutter blade for clean strip edges.

Measure fabric strips from the ruler rather than from the cutting-mat grid alone.

Press after every seam.

Keep the same seam allowance throughout the project.

Avoid stretching narrow fabric strips while sewing.

Use small prints near the center because large designs may disappear inside narrow rounds.

Place stronger colors in the middle or outer rounds to emphasize the spiral.

Use a neutral thread when the project includes many different fabric colors.

Keep a written record of the fabric order when making matching motifs.

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Common Problems and Solutions

If the rosette does not lie flat, one or more strips may have been pulled too tightly. Open the affected section and resew it without tension.

If the motif forms a bowl shape, the inner rounds may be too tight or the corner folds may be too narrow.

If the edges ripple, the outer strips may be too loose.

If the spiral is difficult to see, increase the contrast between neighboring fabrics.

If the center is bulky, trim excess seam allowance carefully and press with a pressing cloth.

If the rosettes do not match in size, verify the strip width and seam allowance before continuing.

If the corners look rounded, crease each fold firmly before sewing.

If the final motif is smaller than expected, the seam allowance may be wider than **6 mm or ¼ inch**.

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Project Ideas for the Finished Rosettes

A single rosette can be used as:

- A mug rug
- A coaster
- A decorative appliqué
- A holiday ornament
- A pincushion top
- A pocket decoration
- A bag embellishment

Several rosettes can become:

- A table runner
- A pillow cover
- A placemat set
- A tote bag panel
- A wall hanging
- A baby quilt
- A bed quilt
- A decorative curtain panel

For an attractive modern project, place colorful rosettes on a white, cream, gray, or navy background.

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Final Result

Your completed **Spiral Rosette Quilt Motif** should measure approximately **12.5 cm or 5 inches across**, with eight fabric rounds forming a visible rotating design.

The center should lie flat, the outer edges should be balanced, and every fabric strip should flow naturally into the next round.

Accurate cutting and pressing are more important than sewing quickly. Take time to align each strip, shape every corner, and inspect the motif before adding the next round.

Once you understand the construction of one rosette, you can easily repeat the process and create larger arrangements. Experiment with floral prints, solids, scraps, seasonal colors, or monochromatic fabrics to make every project unique.

This small quilt motif is an excellent way to use fabric scraps while practicing precise piecing, pressing, color placement, hand sewing, and machine quilting.

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