

Spiral Sunburst Quilt Tutorial



SPIRAL SUNBURST QUILT TUTORIAL

STEP-BY-STEP GUIDE TO MAKE YOUR OWN QUILT

FINISHED SIZE: 40 cm (W) x 60 cm (H)

1. FABRIC & MATERIALS

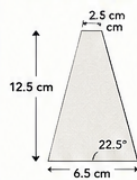
- 100% Cotton Fabric
- Batting (thin)
- Backing Fabric
- Thread to match
- Rotary Cutter
- Quilting Ruler
- Sewing Machine
- Iron & Pressing Mat
- Pins / Clips
- Binding

FABRIC REQUIREMENTS

	YELLOW 8 pieces		DARK BLUE 8 pieces
	ORANGE 8 pieces		BLUE 8 pieces
	RED / PINK 8 pieces		LIGHT BLUE 8 pieces
	PURPLE 8 pieces		AQUA / TEAL 8 pieces
			NEUTRAL / LIGHT 8 pieces
			BLACK (Background) 50 cm x 70 cm
			BACKING FABRIC 50 cm x 70 cm
			BATTING 50 cm x 70 cm

FABRIC CUTTING

All pieces are cut as wedges.
Use a 22.5° wedge ruler or follow the template below.



- **CUT:**
- 72 wedges total (8 colors x 8 wedges each)
- 2 center wedges (Pink & Yellow)
- Black Background as per template (Next step)

LEGEND – MAIN SEWING & QUILTING METHODS (USA)

1/4" SEAM ALLOWANCE
Use 1/4 inch (0.6 cm) seam allowance throughout.

STITCHING
Sew pieces right sides together using straight stitch.

PRESSING
Press seams open or toward dark fabric as desired.

WEDGE SEWING
Match narrow ends, pin, sew, and press.

CHAIN PIECING
Sew wedges in a chain for each color section.

TRIMMING
Trim dog ears and uneven edges after each section.

QUILTING
Quilt as desired. Straight line or echo quilting works great.

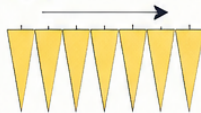
BINDING
Attach binding strips to finish the quilt.

2. CREATE THE SPIRAL UNITS

Each color makes a curved blade. You will create TWO curved units.

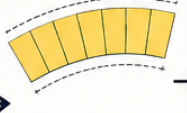
A. SEW WEDGES

Take 8 wedges of the same color. Sew them together in a chain.



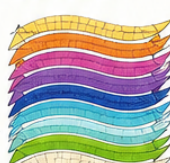
B. PRESS & TRIM

Press seams open. Trim the top and bottom edges to follow a gentle curve.



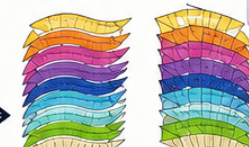
C. REPEAT

Repeat for all 8 colors.



D. MAKE TWO SETS

Make two identical sets of all colors.



3. ASSEMBLE THE SPIRAL DESIGN

A. CENTER

Sew the two center wedges together (Pink & Yellow). Press open.



B. FIRST QUADRANT

Attach one wedge from each color set around the center, sewing in order shown (follow the color placement in the photo).



C. CONTINUE SPIRAL

Keep adding wedges from both sets, alternating sides to create the "S" spiral shape.



D. COMPLETE

The spiral will naturally form the "S" shape as you continue sewing.



E. CHECK SIZE

Your quilt center should measure about 32 cm x 52 cm before adding borders.



4. BACKGROUND & BORDER

A. CUT BACKGROUND

Cut black background fabric following the template.



Add 1 cm seam allowance all around.

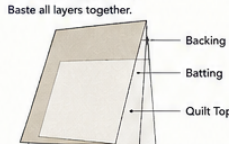
B. SEW SIDES

Pin and sew the background in sections around the spiral center.



C. ADD BATTING & BACKING

Layer: Backing (right side down)
Batting
Quilt Top (right side up)
Baste all layers together.



D. QUILT

Quilt as desired. Echo quilting or radiating lines work beautifully with this design.



E. BINDING

Cut binding strips 6.5 cm wide. Sew around the quilt and finish by hand or machine.



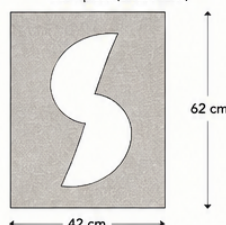
COLOR PLACEMENT GUIDE (Starting from Center)

- 1 Pink (Center)
- 2 Yellow
- 3 Orange
- 4 Red
- 5 Purple
- 6 Dark Blue
- 7 Blue
- 8 Light Blue
- 9 Aqua
- 10 Green
- 11 Light Green
- 12 Cream / Neutral



TEMPLATE – BACKGROUND CUTTING

Cut 1 piece (Black Fabric)



• QUILT CARE

- Machine wash cold, gentle cycle
- Use mild detergent
- Do not bleach
- Tumble dry low
- Iron on low heat if needed

TIPS

- Use a design wall to arrange your pieces.
- Keep your seam allowance consistent.
- Press each seam for a smooth finish.
- Take your time — the curve will come together beautifully!

Complete Step-by-Step Guide to Make the Spiral Sunburst Quilt

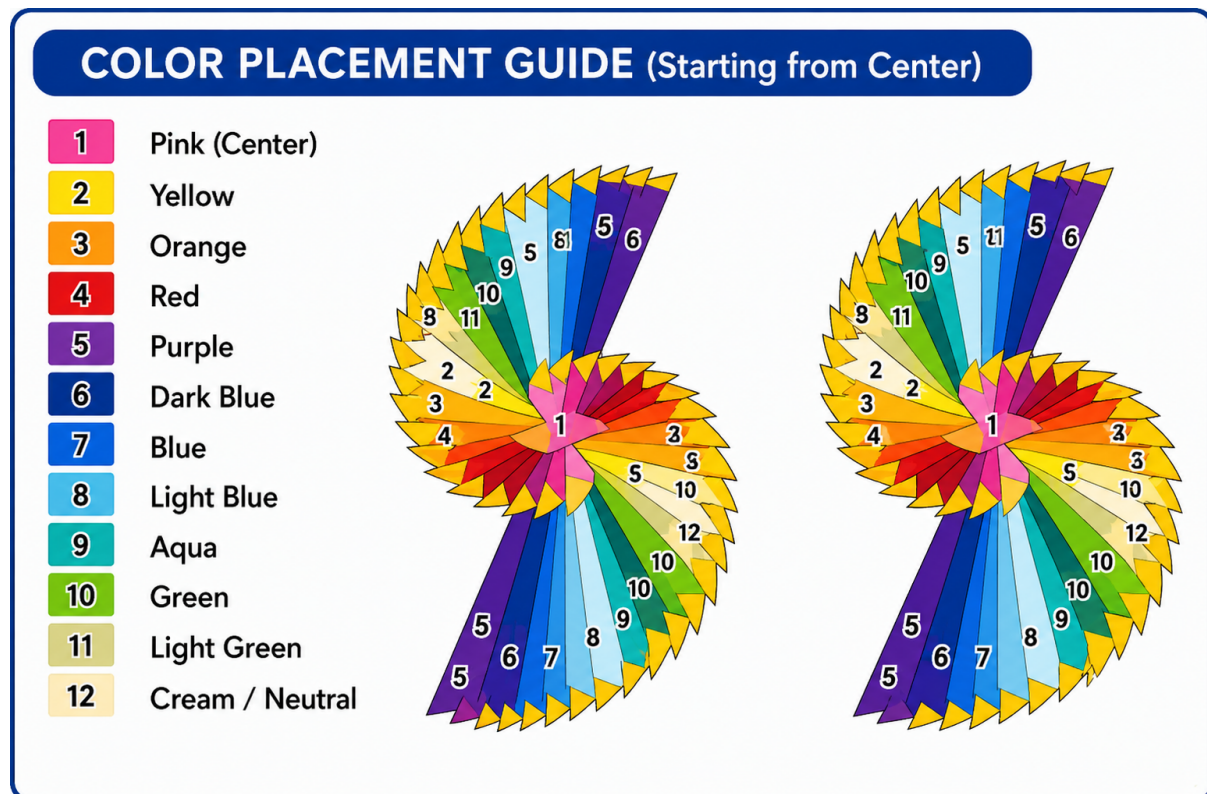
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The **Spiral Sunburst Quilt** is an eye-catching modern quilt that creates the illusion of movement through carefully arranged wedge-shaped fabric pieces. Although it looks complex, the design is built by repeating the same sewing process over and over. By creating small wedge units, joining them into curved sections, and assembling them around a central point, you'll gradually see the spiral appear.

This tutorial follows the construction shown in the diagram and uses common **U.S. quilting techniques**, making it suitable for beginners with basic quilting experience as well as intermediate quilters looking for a striking project.

The finished quilt shown measures approximately **40 cm (15³/₄") wide × 60 cm (23⁵/₈") high**.

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Step 1 – Gather Your Materials

Before cutting any fabric, prepare your sewing area and organize all materials.

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Fabrics

- 100% Cotton Quilting Fabric
- Black background fabric
- Cotton batting (thin)
- Backing fabric

Supplies

- Rotary Cutter
- Self-Healing Cutting Mat
- Quilting Ruler
- Sewing Machine
- Fabric Scissors
- Steam Iron
- Ironing Board or Pressing Mat
- Wonder Clips or Pins
- Matching Thread
- Binding Fabric

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Step 2 – Prepare Your Fabric Colors

The quilt uses twelve color groups arranged like a rainbow.

Prepare:

- Pink (Center)
- Yellow
- Orange
- Red
- Purple
- Dark Blue
- Blue
- Light Blue
- Aqua
- Green
- Light Green
- Cream / Neutral

Each color should have:

8 wedge pieces

You will also need:

- Black Background Fabric

- Batting
- Backing Fabric

Keep every color stacked separately.

Organization is extremely important because the color order creates the spiral illusion.

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✂️ Step 3 – Cut the Wedge Pieces

Every blade of the spiral begins with identical wedges.

Wedge Measurements

- Height: **12.5 cm**
- Bottom Width: **6.5 cm**
- Top Width: **2.5 cm**
- Side Angle: **22.5°**

Use:

- Rotary cutter
- Acrylic quilting ruler
- Template

Cut carefully so every wedge is exactly the same.

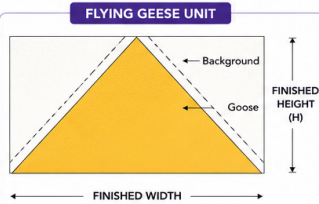
Accuracy during cutting will greatly improve final assembly.

FLYING GEESE TEMPLATE & MEASUREMENTS

For Spiral Sunburst Quilt



FLYING GEESE UNIT



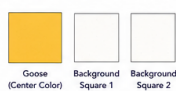
HOW IT'S MADE

1. Two background squares and one colored square are used.
2. The background squares are placed right sides together on the colored square.
3. Sew along the diagonal lines.
4. Cut apart on the center line.
5. Press open to make 2 flying geese units.

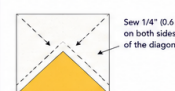
STANDARD FLYING GEESE SIZE CHART			
Finished Size (W x H)	Goose Square (Center Color)	Background Squares (Quantity)	Trim Size (Each Unit) Including 1/4" (0.6 cm) SA
2 x 1 cm	3.5 x 3.5 cm	2 @ 3.5 x 3.5 cm	2.0 x 1.0 cm
2.5 x 1.25 cm	4.5 x 4.5 cm	2 @ 4.5 x 4.5 cm	2.5 x 1.25 cm
3 x 1.5 cm	5 x 5 cm	2 @ 5 x 5 cm	3.0 x 1.5 cm
3.5 x 1.75 cm	6 x 6 cm	2 @ 6 x 6 cm	3.5 x 1.75 cm
4 x 2 cm	7 x 7 cm	2 @ 7 x 7 cm	4.0 x 2.0 cm
4.5 x 2.25 cm	8 x 8 cm	2 @ 8 x 8 cm	4.5 x 2.25 cm
5 x 2.5 cm	9 x 9 cm	2 @ 9 x 9 cm	5.0 x 2.5 cm
5.5 x 2.75 cm	10 x 10 cm	2 @ 10 x 10 cm	5.5 x 2.75 cm
6 x 3 cm	11 x 11 cm	2 @ 11 x 11 cm	6.0 x 3.0 cm

STEP-BY-STEP: HOW TO MAKE FLYING GEESE UNITS

1 CUT FABRIC
Cut 1 colored square (goose) and 2 background squares according to the chart.

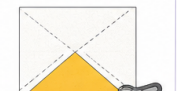


2 PLACE & SEW
Place background squares right sides together on the colored square.

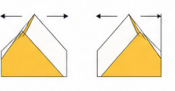


Sew 1/4" (0.6 cm) on both sides of the diagonal.

3 CUT APART
Cut apart on the center diagonal line.



4 PRESS OPEN
Press seams open toward the background fabric.



5 TRIM TO SIZE
Trim each unit to the finished size shown in the chart.



6 FINISHED UNIT
Each unit should measure the finished size (W x H) after trimming.



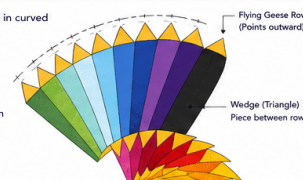
GENERAL NOTES

- All seam allowances are 1/4" (0.6 cm).
- Use accurate 1/4" foot or mark on your machine.
- Press seams open for less bulk.
- Use a sharp rotary cutter and ruler for accurate cutting.
- Make a test unit to confirm size before making many.

SPIRAL SUNBURST – HOW THE FLYING GEESE ARE ARRANGED

The flying geese units are sewn together in curved rows to create the spiral blades.

- Each color forms one curved row.
- The points of the geese face outward.
- Wedge (triangle) pieces are sewn between the rows of geese.



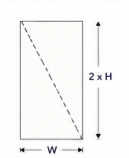
TEMPLATE FOR ANY SIZE FLYING GEESE

Make your own template for any finished size.

Draw a rectangle that is 2 x the finished height (H) by 1 x the finished width (W).

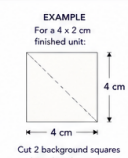
Draw a diagonal line from corner to corner.

This is your cutting line.



EXAMPLE

For a 4 x 2 cm finished unit:



Cut 2 background squares and 1 colored square 4 x 4 cm.

ALL MEASUREMENTS INCLUDE 1/4" (0.6 cm) SEAM ALLOWANCE



Step 4 – Cut All Required Pieces



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Prepare:

- **72 colored wedges**
 - 8 wedges for each of 9 outer color sections shown in the template sequence
- **2 center wedges**
 - Pink
 - Yellow

Cut the black background later using the background template.

Keep wedges grouped by color.



Step 5 – Sew Individual Wedge Chains

Now begin building each curved blade.

Take one color.

Arrange:

8 wedges

Sew:

- Right sides together
- Using a 1/4" **Seam Allowance**
- Chain piece one wedge after another

Continue until all eight wedges become one strip.

Repeat for every color.

You should now have multiple wedge chains.



Step 6 – Press the Seams



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Proper pressing creates smooth curves.

Do not iron aggressively.

Instead:

- Press
- Lift
- Move

Avoid stretching the bias edges.

Press seam allowances:

- All toward one side
- Or open if preferred

Consistency is more important than the direction chosen.

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Step 7 – Trim Each Curved Unit

After pressing:

Trim the upper edge.

Trim the lower edge.

Follow the gentle curve shown in the template.

This removes excess fabric while preserving the wedge points.

Every curved blade should now have a smooth flowing shape.

Step 8 – Repeat for Every Color

Continue exactly the same process.

For every color:

- Sew wedges
- Press
- Trim
- Stack carefully

Soon you'll have a complete collection of colorful curved sections.

These become the building blocks of the quilt.

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Step 9 – Make Two Matching Sets

The quilt consists of **two identical spiral halves**.

Create:

Set One

- All color sections

Set Two

- Repeat exactly

Try to keep:

- Same stitch length
- Same pressing direction
- Same trimming accuracy

Matching halves produce a cleaner spiral.

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Step 10 – Build the Center

Locate:

- Pink Center Wedge
- Yellow Center Wedge

Sew them together.

Press open.

This tiny diamond becomes the center of the entire quilt.

Everything else grows from this point.

Step 11 – Add the First Color Layer

Begin attaching wedges around the center.

Follow the color order carefully.

Attach one curved blade.

Sew.

Press.

Continue around the center.

Take your time checking orientation before stitching.

 Step 12 – Form the Spiral

SPIRAL SUNBURST QUILT – TEMPLATE

BACKGROUND TEMPLATE (ACTUAL SIZE)

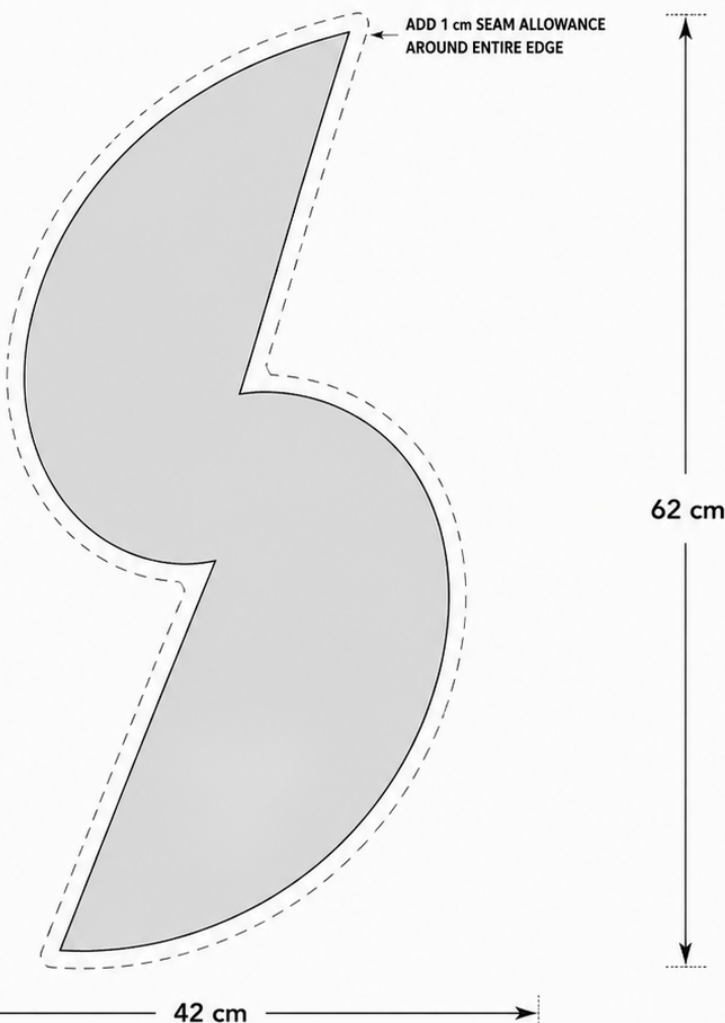
ABOUT THIS TEMPLATE

- Print at 100% (Actual Size).
- Do NOT scale to fit page.
- Measure the test square to ensure it is 5 cm x 5 cm.
- Cut the background fabric using this template.
- Add 1 cm seam allowance around all edges when cutting fabric.

TEST SQUARE

5 cm
x
5 cm

Measure this square before cutting.



ADD 1 cm SEAM ALLOWANCE AROUND ENTIRE EDGE

62 cm

42 cm

CUT 1 PIECE

Black Background Fabric
(Mirrored piece will be created by rotating or flipping.)

LEGEND – MAIN SEWING & QUILTING METHODS (USA)

	1/4" SEAM ALLOWANCE (0.6 cm)		CHAIN PIECING (Sew wedges in a continuous chain)
	STITCHING (Straight stitch)		TRIMMING (Trim dog ears and uneven edges)
	PRESSING (Press seams open or toward dark fabric)		QUILTING (Straight line or echo quilting)
	WEDGE SEWING (Match points and sew narrow ends)		BINDING (Attach binding strips to finish the quilt)

NOTES

- This template is for the background shape only.
- Cut 1 piece for the left side (as shown).
- Make a second piece by flipping the template horizontally OR rotating 180°.
- Join with wedges to create the spiral sunburst design.



Alternate pieces from:

Set One

and

Set Two.

As each blade is added, the shape naturally twists.

Continue sewing one section at a time.

Do not rush.

Frequently lay the project flat.

Check that:

- Colors flow correctly
- Curves remain smooth
- Spiral stays centered

The famous "S" shape gradually appears.

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Step 13 – Complete the Spiral

Continue adding sections.

Always:

Pin first.

Check alignment.

Then sew.

The final wedge closes the spiral.

The quilt should now resemble the finished design shown in the tutorial.

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Step 14 – Check Measurements

Before adding the background:

Measure the quilt.

Approximate size:

32 cm × 52 cm

Small variations are acceptable.

Correct any uneven edges before continuing.

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💖 **Step 15 – Cut the Background**

Using the background template:

Cut one piece from black fabric.

Measurements:

- Width: **42 cm**
- Height: **62 cm**

Leave approximately:

1 cm seam allowance

around the template.

Carefully cut the inner spiral opening.

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Step 16 – Attach the Background

Pin the spiral inside the background opening.

Work slowly.

Because the seam is curved:

- Use many pins or clips.
- Sew slowly.
- Stop occasionally to reposition fabric.

Keep the seam smooth without puckers.

After sewing:

Press carefully.

The colorful spiral should now appear to float over the black background.



Step 17 – Make the Quilt Sandwich

Layer fabrics in this order:

Bottom

Backing Fabric

Middle

Batting

Top

Spiral Quilt Top

Smooth every layer.

Remove wrinkles.

Pin or baste thoroughly.

The layers should remain perfectly flat.



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Step 18 – Quilt the Project

Now stitch through all layers.

Popular quilting choices include:

- Straight Line Quilting
- Echo Quilting
- Radiating Lines
- Curved Quilting
- Free Motion Quilting

Black thread often blends beautifully into the background.

Echo quilting especially enhances the spiral movement.



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Step 19 – Trim the Quilt

After quilting:

Trim all edges.

Square the quilt carefully.

Use:

- Rotary cutter
- Quilting ruler

Ensure all corners are square.

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Step 20 – Add the Binding

Cut binding strips:

6.5 cm wide

Join strips into one continuous length.

Fold in half lengthwise.

Attach around the quilt.

Miter each corner.

Finish by:

- Machine stitching
- Or hand stitching on the back

Press once more after binding.

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Color Placement Guide

Beginning from the center:

1. Pink
2. Yellow
3. Orange
4. Red
5. Purple
6. Dark Blue
7. Blue
8. Light Blue
9. Aqua
10. Green
11. Light Green

12. Cream / Neutral

Keeping this order creates the smooth rainbow transition that gives the quilt its dramatic spiral effect.

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Quilt Care

To preserve your finished quilt:

- Wash in cold water.
- Use a gentle cycle.
- Avoid bleach.
- Tumble dry on low heat or air dry.
- Press with a warm iron if needed.
- Store flat or rolled to avoid permanent creases.

Helpful Tips

- Label every color before sewing.
- Double-check wedge orientation before stitching.
- Maintain an accurate **¼-inch seam allowance** throughout the project.
- Press after every seam instead of waiting until the end.
- Trim consistently so every blade matches.
- Use plenty of pins when sewing curved sections.
- Lay the quilt flat often to verify the spiral remains centered.
- Work patiently—the repeated steps become much faster after the first few units.
- Accurate cutting and careful pressing will make the finished spiral look smooth, symmetrical, and professional.