

# Viki

S E W S

DRESS

## KINVARA

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SIZES

34-52

DIFFICULTY



SUITABLE FOR BEGINNERS



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Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a brand designed to help you create fashionable, on-trend clothing with your own hands.



The sewing instructions we create is the result of our team's careful, meticulous work. May they help you develop your sewing hobby—or even turn it into your life's work! Enjoy every step of the sewing process and create a thoughtful, stylish wardrobe!

If you have any questions, we're always here to help: [info@vikisews.com](mailto:info@vikisews.com)



## KINVARA PATTERN DESCRIPTION

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Kinvara is a close-fitting dress with a shaped waist seam. The round neckline is finished with bias binding. The voluminous skirt widens towards the bottom and is finished with a lining cut from the main fabric. The dress is gathered along the waistline and hem. The set-in sleeves are long. Kinvara is above-ankle length.



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# TOTAL EASE ALLOWANCE

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	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	-10.5 to -19.4	-5.1 to -8.1	-8.2 to -12.4	-1.6 to -2.6
inches	-4 1/8 to -7 5/8	-2 to -3 1/4	-3 1/4 to -4 7/8	-5/8 to -1

# GARMENT LENGTH, SLEEVE LENGTH

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Height, cm	Garment length, cm	Sleeve length, cm
1 (154–160)	124.1–125.5	61.2–63
2 (162–168)	128.1–129.5	63.2–65
3 (170–176)	132.1–133.5	65.3–66.8
4 (178–184)	136.1–137.5	67.2–69

Height, ft	Garment length, in	Sleeve length, in
1 (5'1"–5'3")	48 7/8–49 3/8	24 1/8–24 3/4
2 (5'4"–5'6")	50 3/8–51	24 7/8–25 5/8
3 (5'7"–5'9")	52–52 1/2	25 3/4–26 1/4
4 (5'10"–6'1")	53 5/8–54 1/8	26 1/2–27 1/8

# SUGGESTED FABRICS

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To sew this dress, choose medium-weight, pliable, soft, stretchy knit fabrics (with a 1.3–1.5 stretch factor) made of natural, artificial, blended, or synthetic fibers.

The following fabrics are recommended: knits, ribbed knits, and lightweight sweater knits.

**Attention!** For this dress, we recommend using only stretchy fabrics.

You can determine the stretch factor of your fabric yourself. Mark 10 cm (4") along the crosswise grain of the fabric, lay a ruler next to the marked section, and stretch the fabric. Divide the measurement you get by 10.

The dress in the photo is made of lightweight sweater knit. The fabric is medium weight, pliable, and stretchy. The fiber content is 55% acetate + 45% polyester. The fabric weight is 285 g/m<sup>2</sup>.

The stretch factor is 1.5.

# FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, with a directional print/nap, in meters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	3.1	3.2	3.45	3.55	3.6	3.65	3.75	3.85	4.05	4.2
2 (162–168)	3.25	3.3	3.5	3.55	3.65	3.75	3.8	3.9	4.1	4.3
3 (170–176)	3.4	3.5	3.55	3.65	3.75	3.85	3.95	4	4.25	4.4
4 (178–184)	3.45	3.55	3.8	3.85	3.9	4	4.1	4.2	4.3	4.5

Main fabric, 55" wide, with a directional print/nap, in yards:

Height, ft	Size									
	34	36	38	40	42	44	46	48	50	52
1 (5'1"–5'3")	3 <sup>3</sup> / <sub>8</sub>	3 <sup>1</sup> / <sub>2</sub>	3 <sup>3</sup> / <sub>4</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	4	4 <sup>1</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>4</sub>	4 <sup>3</sup> / <sub>8</sub>	4 <sup>5</sup> / <sub>8</sub>
2 (5'4"–5'6")	3 <sup>1</sup> / <sub>2</sub>	3 <sup>5</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	4	4 <sup>1</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>2</sub>	4 <sup>3</sup> / <sub>4</sub>
3 (5'7"–5'9")	3 <sup>3</sup> / <sub>4</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	4	4 <sup>1</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>4</sub>	4 <sup>3</sup> / <sub>8</sub>	4 <sup>3</sup> / <sub>8</sub>	4 <sup>5</sup> / <sub>8</sub>	4 <sup>3</sup> / <sub>4</sub>
4 (5'10"–6'1")	3 <sup>3</sup> / <sub>4</sub>	3 <sup>7</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>4</sub>	4 <sup>1</sup> / <sub>4</sub>	4 <sup>3</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>2</sub>	4 <sup>5</sup> / <sub>8</sub>	4 <sup>3</sup> / <sub>4</sub>	4 <sup>7</sup> / <sub>8</sub>

2. Main fabric, 160 cm wide, with a directional print/nap, in meters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	2.75	2.75	2.8	2.95	3.15	3.35	3.45	3.5	3.55	3.65
2 (162–168)	2.8	2.9	2.95	3.1	3.3	3.4	3.45	3.55	3.6	3.65
3 (170–176)	2.85	2.95	3.05	3.25	3.35	3.45	3.5	3.6	3.65	3.7
4 (178–184)	2.9	3.05	3.25	3.35	3.4	3.5	3.55	3.6	3.7	3.75

Main fabric, 63" wide, with a directional print/nap, in yards:

Height, ft	Size									
	34	36	38	40	42	44	46	48	50	52
1 (5'1"–5'3")	3	3	3	3 <sup>1</sup> / <sub>4</sub>	3 <sup>1</sup> / <sub>2</sub>	3 <sup>5</sup> / <sub>8</sub>	3 <sup>3</sup> / <sub>4</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	4
2 (5'4"–5'6")	3	3 <sup>1</sup> / <sub>8</sub>	3 <sup>1</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>8</sub>	3 <sup>5</sup> / <sub>8</sub>	3 <sup>3</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>4</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	4
3 (5'7"–5'9")	3 <sup>1</sup> / <sub>8</sub>	3 <sup>1</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>8</sub>	3 <sup>1</sup> / <sub>2</sub>	3 <sup>5</sup> / <sub>8</sub>	3 <sup>3</sup> / <sub>4</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	4	4
4 (5'10"–6'1")	3 <sup>1</sup> / <sub>8</sub>	3 <sup>3</sup> / <sub>8</sub>	3 <sup>1</sup> / <sub>2</sub>	3 <sup>5</sup> / <sub>8</sub>	3 <sup>3</sup> / <sub>4</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub>	4	4 <sup>1</sup> / <sub>8</sub>

***IMPORTANT!** When purchasing fabric, please account for shrinkage and buy 5% more than required.*

3. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker).

## TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for finishing raw edges. This may be replaced with a stretch overlock stitch or a zigzag stitch on the sewing machine (overlock or zigzag stitch width 2–3 mm, stitch length 2.5 mm)
- coverstitch or coverlock machine for finishing the garment hem. If you don't have a coverstitch machine, it can be replaced with a twin needle on any regular sewing machine that can do a zigzag stitch

***IMPORTANT!** We recommend using specialty needles when working with knit fabrics (for example, STRETCH, SUPER STRETCH, JERSEY, etc.). These are ballpoint needles, so they part the threads of the fabric you are stitching without piercing them.*

## PATTERN PIECES LIST

### 1. From main fabric:

- front bodice — cut 1 on fold
- back bodice — cut 1 on fold
- sleeve — cut 2
- neckline binding — cut 1
- skirt — cut 1
- front skirt lining — cut 1 on fold
- back skirt lining — cut 1 on fold

***IMPORTANT!** Don't forget to transfer all pattern markings and notches onto the fabric.*

***IMPORTANT!** The pattern pieces that have the "face" inscription on them should be placed with the blank side onto the right side of fabric when cutting.*

# SEAM ALLOWANCES

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All pattern pieces include seam allowances as follows:

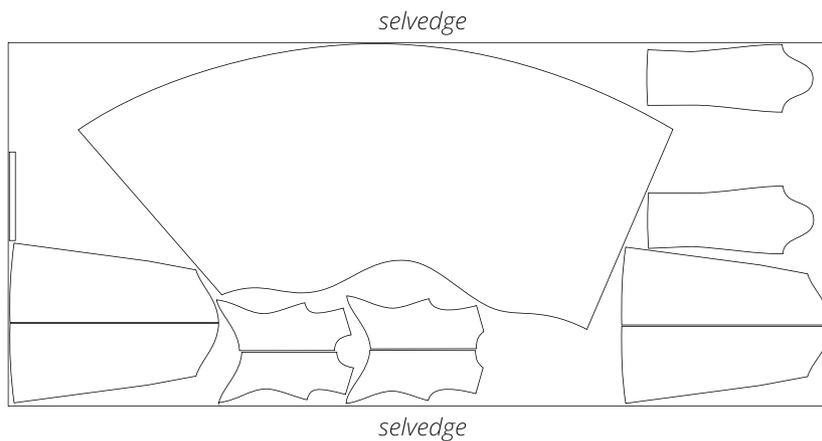
- sleeve hem allowance — 2 cm (3/4")
- all other edges — 1 cm (3/8")

Take this into account when laying out the pattern pieces on the fabric.

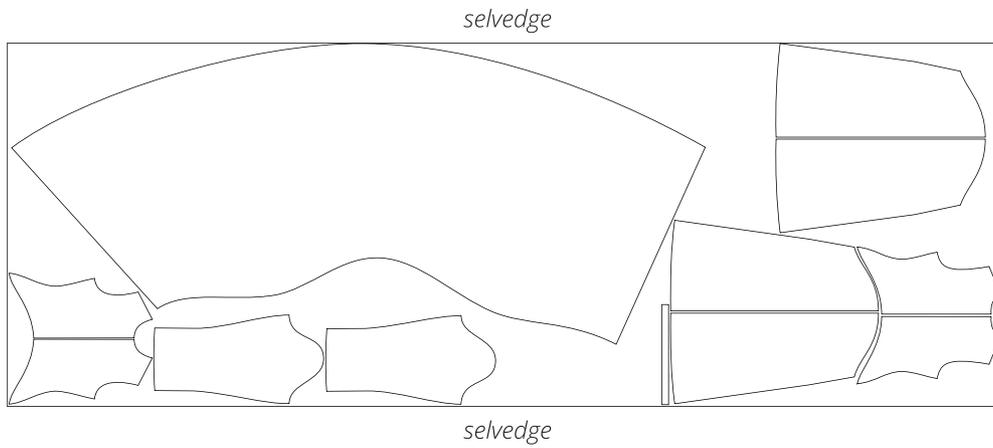
# CUTTING LAYOUT

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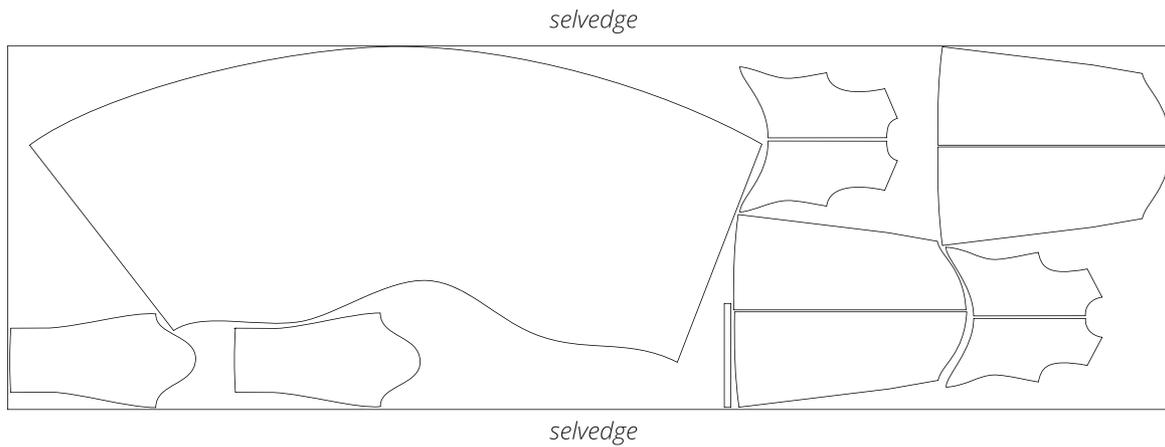
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,  
for sizes 34–36 in heights 1–2



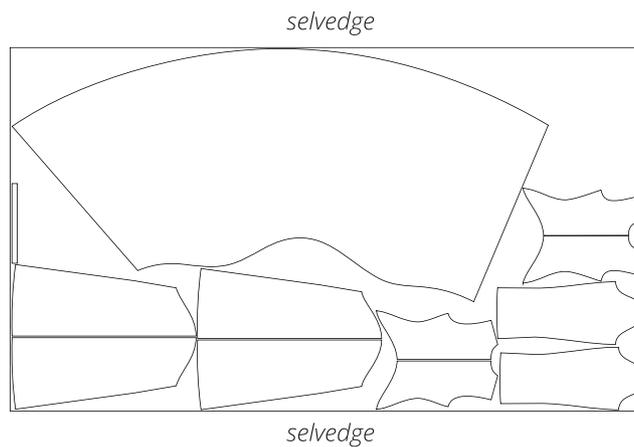
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,  
for sizes 38–48 in heights 1–2, for sizes 34–48 in height 3, for sizes 34–36 in height 4



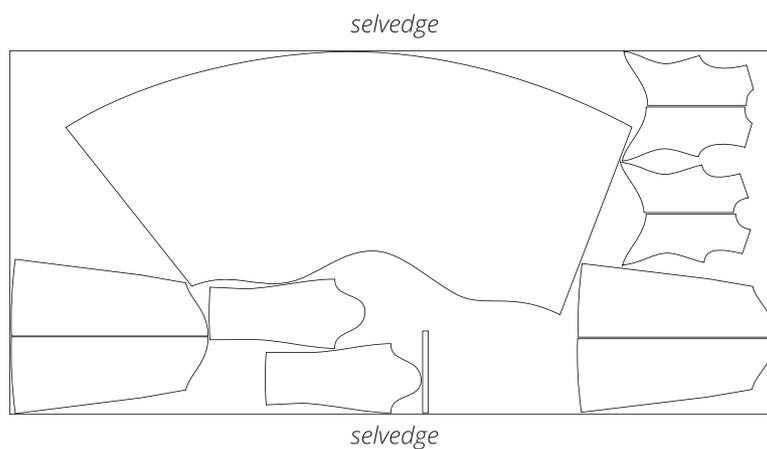
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,  
for sizes 50–52 in heights 1–3, for sizes 38–52 in height 4



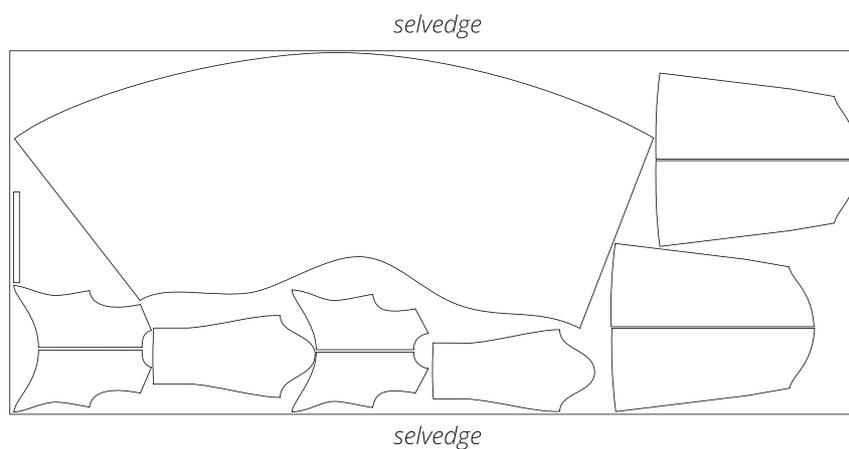
Main fabric, 160 cm (63") wide, with a directional print/nap, cut on a single layer,  
for sizes 34–38 in height 1



Main fabric, 160 cm (63") wide, with a directional print/nap, cut on a single layer,  
for sizes 40–42 in height 1, for sizes 34–42 in heights 2–3, for sizes 34–40 in height 4



Main fabric, 160 cm (63") wide, with a directional print/nap, cut on a single layer,  
for sizes 44–52 in heights 1–3, for sizes 42–52 in height 4



**READY? LET'S GET SEWING!**

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5. Press the side seam allowances towards the front bodice.



6. If the shoulder seam has stretches after stitching, trim it. To do this, fold the bodice right sides together, align the armhole edges and shoulder seams. Pin.



7. Using tailor's chalk or a heat-erasable pen, mark a new line perpendicular to the shoulder seam. Trim the excess along the marked line.



8. If the side seam has stretches after stitching, trim it and shape it into a curved line. To do this, fold the bodice right sides together, align the waist edges and side seams. Pin.