

FROM THE FOUNDER OF THE #VIKISEWS BRAND

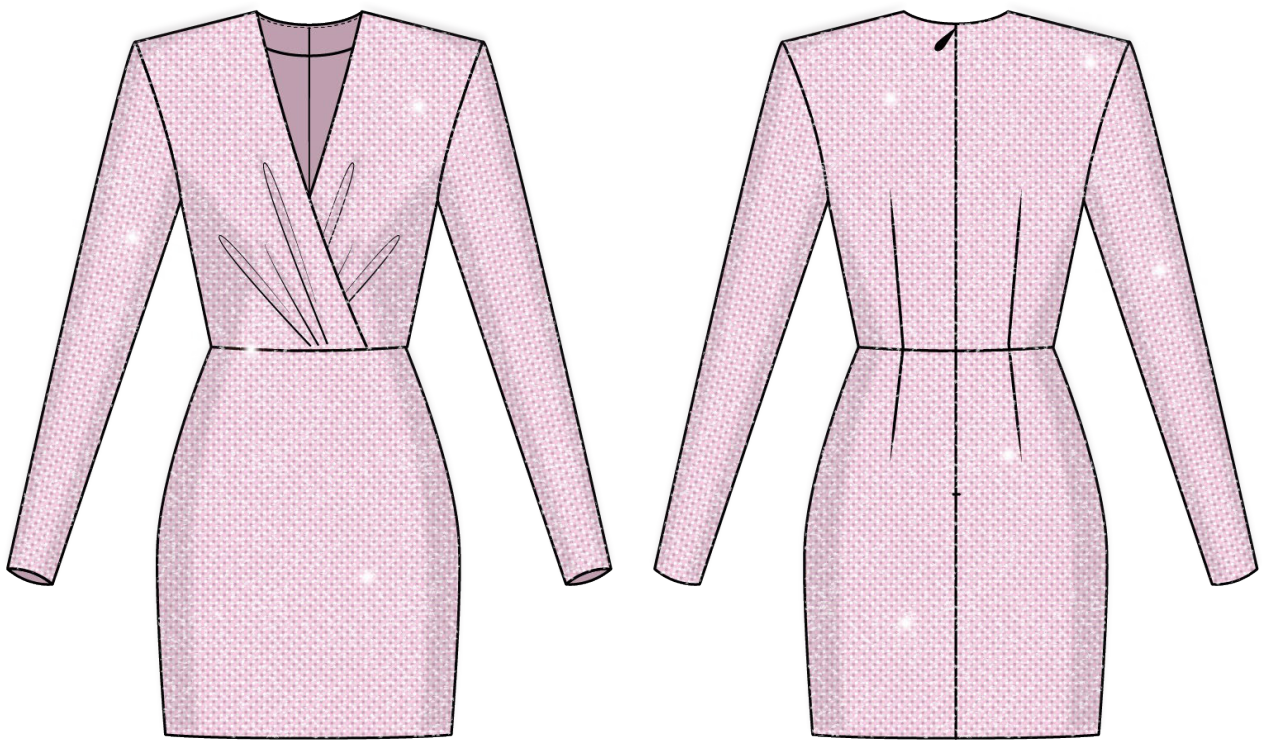


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission. I wanted to create modern patterns with the utmost detailed and clear instructions.

Now, with each new collection we are constantly improving our instructions, amending them and adding more relevant details. By the time the final product reaches you, our drafters, correctors, and editors would have spent weeks perfecting every word and every photograph. If you compile a few of our instructions together, you will get a sewing manual that will assist you in sewing all kinds of garments at any difficulty level.

And I would be very happy if these instructions helped you to turn your hobby into a lifelong passion... Enjoy the process! Create your ultimate dream wardrobe! Wear your garments proudly for years to come!

If you have any questions, please contact us at info@vikisews.com — we are always there to help.



SABRINA PATTERN DESCRIPTION

Sabrina is a close-fitting dress with a waist seam. The wrap-style front bodice is gathered at the waist. The back is shaped with waist darts. The dress has a deep V-neckline and long, set-in, fitted sleeves. It features an extended shoulder line supported with shoulder pads. The dress closes with an invisible zipper in the center back seam and is above-knee length.



IMPORTANT!

The contents of this pattern are copyright protected and belong exclusively to Vikisews. You may use Vikisews patterns for personal use. It is prohibited to share Vikisews patterns and instructions with third parties, as well as to publish patterns and instructions online for public access. **Non-compliance with the mentioned rules is a violation of the US copyright law and may result in civil liability and criminal prosecution.**

You may use Vikisews patterns for commercial use, to sew custom-made garments and/or create fashion collections, on the condition that the patterns are solely used in a manufacturing setting and are not further shared with individuals.

TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	2.9–6.5	-0.4 – 1.1	-1.7	0
inches	1 1/8–2 1/2	-1/8 – 3/8	-5/8	0

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length from waist down, cm	Sleeve length, cm
1 (154–160)	37.5–42.1	61
2 (162–168)	40.5–45.1	63
3 (170–176)	43.5–48.1	65
4 (178–184)	46.5–51.1	67

Height, ft	Back length from waist down, in	Sleeve length, in
1 (5'1"–5'3")	14 3/4–16 5/8	24
2 (5'4"–5'6")	16–17 3/4	24 3/4
3 (5'7"–5'9")	17 1/8–18 7/8	25 5/8
4 (5'10"–6'1")	18 1/4–20 1/8	26 3/8

SUGGESTED FABRIC

To sew this dress, choose medium-weight, soft, very stretchy knit fabrics. The stretch factor should be at least 2.0.

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

The fiber content should include elastane or spandex and can also include natural fibers, artificial fibers, blends, and synthetics.

Recommended fabrics: knits, lurex knits, spandex, biflex.

Attention! We recommend using only stretchy fabrics for this dress.

The dress in the photos is made of crystal biflex. The fabric is medium weight, soft, and very stretchy. The fiber content is 96% polyester and 4% spandex. The fabric weight is 190 g/m².

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, with a directional print/nap, 180–200 g/m², in meters:

Height, cm	Size							
	34	36–38	40	42–44	46	48	50	52
1 (154–160)	1.2	1.25	1.3	1.35	1.4	1.4	1.45	1.45
2 (162–168)	1.25	1.3	1.35	1.4	1.45	1.5	1.5	1.5
3 (170–176)	1.3	1.35	1.4	1.45	1.5	1.55	1.55	1.6
4 (178–184)	1.35	1.4	1.45	1.5	1.55	1.6	1.6	1.65

Main fabric, 55" wide, with a directional print/nap, 180–200 g/m², in yards:

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

2. Lightweight interfacing, knit or woven, 140 cm wide, 40 g/m², in meters:

Height, cm	Size						
	34–36	38	40–42	44–46	48	50	52
1 (154–160)	0.45	0.45	0.5	0.5	0.5	0.5	0.55
2 (162–168)	0.45	0.5	0.5	0.5	0.5	0.55	0.55
3 (170–176)	0.5	0.5	0.5	0.5	0.55	0.55	0.55
4 (178–184)	0.5	0.5	0.5	0.55	0.55	0.55	0.55

Lightweight interfacing, knit or woven, 55" wide, 40 g/m², in yards:

Height, ft	Size				
	34–42	44–46	48	50	52
1 (5'1"–5'3")	1/2	1/2	1/2	1/2	5/8
2 (5'4"–5'6")	1/2	1/2	1/2	5/8	5/8
3 (5'7"–5'9")	1/2	1/2	5/8	5/8	5/8
4 (5'10"–6'1")	1/2	5/8	5/8	5/8	5/8

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

3. Stitched bias-cut fusible stay tape, 1.5 cm (5/8") wide – 1.48–1.58 m (1 5/8–1 3/4 yd), depending on the chosen size and height.
4. One invisible zipper, 55–60 cm (21 5/8–23 5/8") long, depending on the chosen size and height.
5. Clear elastic, 7 mm (1/4") wide – 1.75–2.3 m (1 7/8–2 1/2 yd). The exact elastic length is specified on the pattern.
6. One pair of shoulder pads, 2 cm (3/4") tall.
7. Matching thread – 5 spools (1 spool for the sewing machine + 4 spools for the overlocker).

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for construction and 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).
- invisible zipper foot for the sewing machine
- one-sided foot for the sewing machine

PATTERN PIECES LIST

1. From main fabric:

- front bodice – cut 2
- front skirt – cut 1 on fold
- back bodice – cut 2
- back skirt – cut 2
- sleeve – cut 2
- front neck facing – cut 2
- back neck facing – cut 2

2. From interfacing:

- front neck facing – cut 2
- back neck facing – cut 2

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

SEAM ALLOWANCES

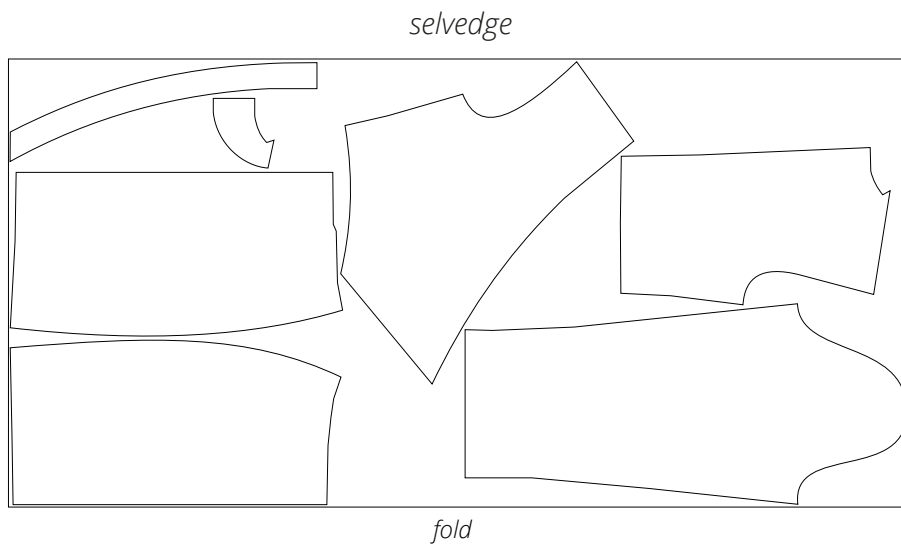
All pattern pieces include seam allowances as follows:

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

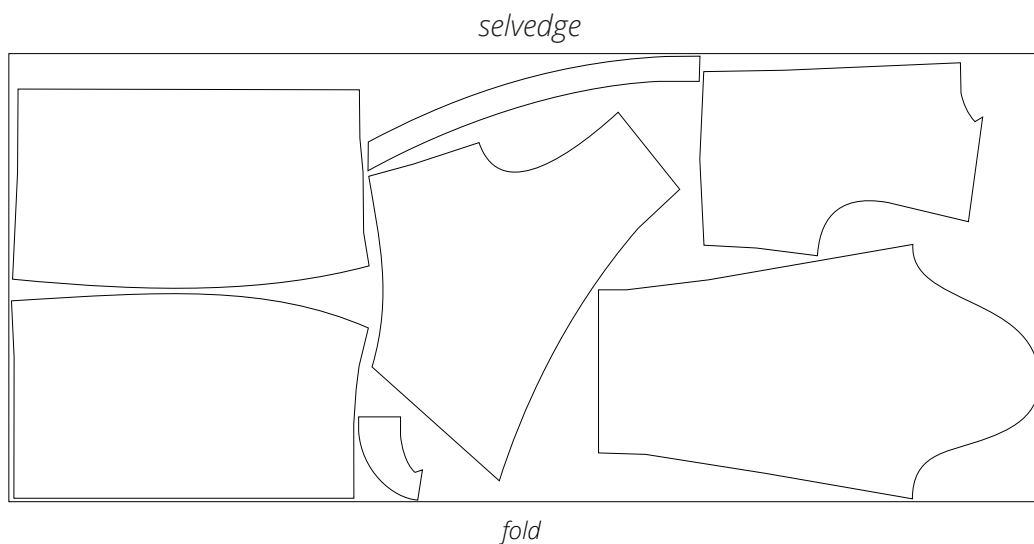
Take this into account when laying out pattern pieces on the fabric.

CUTTING LAYOUT

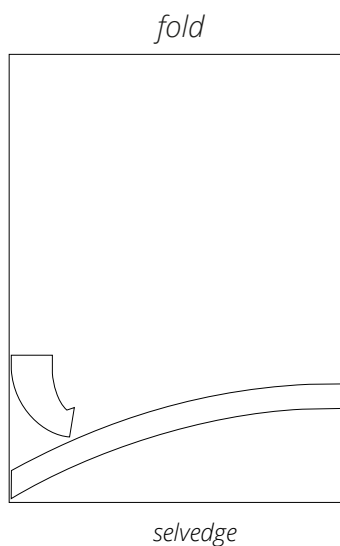
Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on fold, for sizes 34–40 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on fold, for sizes 42–52 in all heights



Interfacing, 140 cm (55") wide, cut on fold,
for all sizes in all heights



READY? LET'S GET SEWING!



Apply stitched bias-cut fusible stay tape along the following:

- center edges on the two back bodice pieces
- center edges on the two back skirt pieces (down to the zipper notch).

Apply the stay tape at 8 mm (just under 3/8") from the edge so that the reinforcement stitches on the tape align with the zipper stitching line.



Transfer the dart lines from the pattern to the wrong side of the back bodice and back skirt pieces.



Working from the wrong side, match up the dart legs on the back bodice and back skirt pieces. Pin the darts.

Machine-stitch the darts, backstitching only at the beginning of the seam, i.e. at the raw edges. Leave long thread tails at the dart points.