GO! Listen To Your Heart Quilt
Finished Size: 40" x 40"

Dies Needed:

- GO! Carefree Alphabet Lowercase Set (2 Die Set) (55491)
- GO! Qube™ Mix & Match 8" Block (55776)
  - GO! Square-2½" (2" Finished) (Shape 2)
  - GO! Half Square Triangle-2" Finished Square (Shape 5)
- GO! Qube™ Mix & Match 12" Block (55778)
  - GO! Quarter Square Triangle-6" Finished Square (Shape 4)
  - GO! Half Square Triangle-3" Finished Square (Shape 5)
- GO! Strip Cutter-2½" (2" Finished) (55017 or 55014)
- GO! Strip Cutter-4½" (4" Finished) (55054)

Cutting Directions:

NOTE: Apply fusible web to the wrong side of asterisked fabrics following manufacturer's instructions before cutting appliqué shapes.

Fabric Color	Shape & Number	Number of Shapes to Cut	Total Fabric Required
Purple (8" Qube)	**2**	Cut 1—5½" x 5½" square. Sub cut into 4—2" finished squares.	1 3/4 yards
Purple (8" Qube)	**5**	Cut 1—3¾" x width of fabric (WOF) strip. Fanfold into 3" widths. Sub cut into 16—2" finished half square triangles (HSTs).	Yardage included above
Purple (12" Qube)	**4**	Cut 1—7¾" x WOF strip. Fanfold into 7¾" widths. Sub cut into 16—6" finished quarter square triangles (QSTs).	Yardage included above
Purple (12" Qube)	**5**	Cut 2—4¾" x WOF strips. Fanfold into 4" widths. Sub cut into 32—3" finished HSTs.	Yardage included above
Green Check (8" Qube)	**2**	Cut 1—5½" x WOF strip. Sub cut into 16—2" finished squares.	1 1/2 yards
Green Check (8" Qube)	**5**	Cut 1—3¾" x WOF strip. Fanfold into 3" widths. Sub cut into 16—2" finished HSTs.	Yardage included above
Green Check (12" Qube)	**4**	Cut 1—7¾" x WOF strip. Fanfold into 7¾" widths. Sub cut into 16—6" finished QSTs.	Yardage included above
Green Check (12" Qube)	**5**	Cut 2—4¾" x WOF strips. Fanfold into 4" widths. Sub cut into 32—3" finished HSTs.	Yardage included above

Additional Cutting Instructions:

- Purple—Yardage included above
  - *Letters for (l-i-s-t-e-n-t-o-y-o-u-r-h-e-a-r-t): Apply fusible web to the wrong side of fabric according to manufacturer's instructions before cutting for fusible appliqué
    - Cut 1 each of letters for listen to your heart. Place the right side of the fabric facing up. Letters are cut on 3" x 4", 4" x 4" and 4" x 5" fusible backed squares. Please see machine embroidery instructions for exact measurements of pre-cut squares for each letter.
  - Use GO! Strip Cutter-2½" (2" Finished) (55017 or 55014) to cut 14—2½" x WOF strips for borders and binding.
- Light Green—5/8 yards
  - Background fabric for letters: Cut 2—6" x WOF strips. Sub cut 17—6" x 6" squares. Note: Background fabric is cut with additional outer margin for machine embroidery. Background fabric with embroidered letters will be cut to fit the design after embroidery is completed.
  - Use GO! Strip Cutter-2½" (2" Finished) (55017 or 55014) to cut 1—2½" x WOF strip to make 2—2" x 20" finished horizontal top and bottom block strips.
  - Use GO! Strip Cutter-4½" (4" Finished) (55054) to cut 2—4½" x WOF strips to make strips to complete space on either side of each row of lettering.

Additional Fabrics Needed:

- Fusible Web: 1/2 yard
- Batting: 48" x 48"
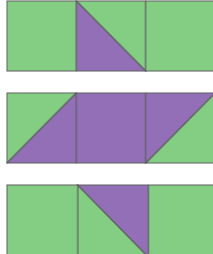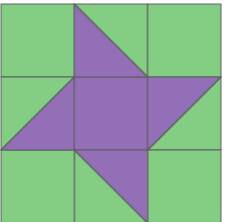- Backing: 48" x 48"

Sewing Directions:

Press all seams open and use ¼" seams, unless otherwise indicated.

Star Blocks (Shapes cut from GO! Qube 8" Mix & Match)

1. Sew one green and one purple 2" finished half square triangle (HST) (Shape 5) together as shown. Press seams open. Make 16—green and purple HST units.

2. Sew 2" finished green squares (Shape 2) to either side of the HST units as shown to make 4 top and 4 bottom rows of the star blocks. Press seams open.
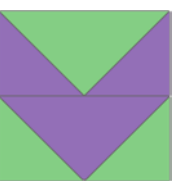
3. Sew 2" finished HST units to either side of 4—2" finished purple squares (Shape 2) as shown to make 4 center rows of the star blocks. Press seams open.

4. Sew top, middle, and bottom rows together to make star blocks as shown. Press seams open. Make 4—star blocks.

Flying Geese Blocks (Shapes cut from GO! Qube 12" Mix & Match)

1. Sew one green 3" finished HST (Shape 5) to either side of a purple 6" finished quarter square triangle (QST) (Shape 4) as shown. Press seams open. Make 16—green and purple flying geese units.

2. Sew purple 3" finished HST (Shape 5) to either side of a green 6" finished QST (Shape 4) as shown. Press seams open. Make 16—purple and green flying geese units.

3. Sew one green and purple flying geese unit to one purple and green flying geese unit to make 16—6" finished blocks as shown. Press seams open.

4. Sew four 6" finished blocks together to make four Flying Geese borders as shown. Press seams open.
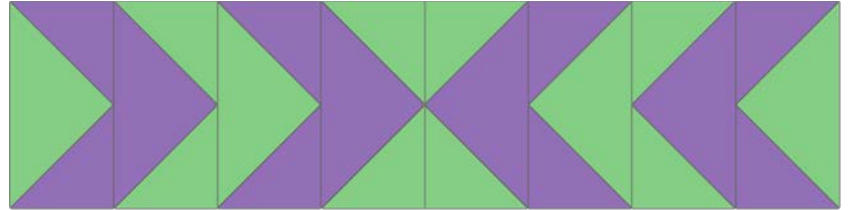
Embroidery Directions: Letter Panel

1. The GO! Carefree Alphabet Lowercase Set (2 Die Set) (55491) shapes will be stitched onto a light green 6" background square. Stitch a rectangular basting line around the letter before stitching the letter. Place tear-away or cut-away stabilizer and 6" background fabric squares into your embroidery hoop. Use the free machine embroidery download found at www.accuquilt.com/carefreealphabetlowercase55492 or your own favorite embroidery stitch.

2. When stitching is complete, remove 6" square from embroidery hoop. Measure ½" from basting line for seam allowance on both sides of the letter and cut with a rotary cutter. DO NOT trim the top or bottom fabric from the letter.
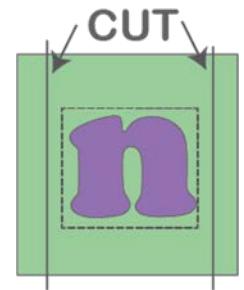
3. When all letters have been trimmed, lay out the letters side by side and align the lower edge of each letter with a long ruler. The exception is the letter "y" which will be lower than the other letters. Align the letters even if the top and bottom edges of the background fabric are uneven—you will trim these in the next step. Without moving the letters, use a water-soluble marker to make alignment marks for sewing as shown.
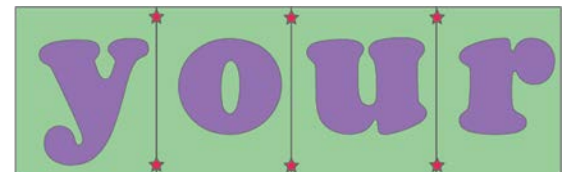
4. Sew letters together with a ¼" seam matching the alignment marks. Press seams open and trim the top and bottom edges so the edges are even, the letters are centered and the entire letter strip is 4½"H including seam allowances.

5. Use the GO! Strip Cutter-4½" (4" Finished (55054) to sew additional 4½" strips of light green fabric to make each letter strip 20½"W x 4½"H with the letters centered in the strip. Stitch the four rows of letters together.

6. Use the GO! Strip Cutter-2½" (2" Finished) (55017 or 55014), cut 20½"W x 2½"H green strips to the top and bottom of the letters. Trim center square to measure 20½"W x 20½"H.

2" x 20" Finished

listen to your heart

2" x 20" Finished

Quilt Top Assembly

1. Use the GO! Strip Cutter-2½" (2" Finished) (55017 or 55014) to cut purple borders for the Letter Panel. Stitch the vertical border to the sides of the letter panel. Press seams toward the letter panel. Stitch the horizontal border to the top and bottom to complete the letter panel. Press seams toward the border.

2. Stitch the vertical assembled Flying Geese borders to the sides of the letter panel. Press seams toward the letter panel border. Stitch a Star block to either end of the two remaining Flying Geese borders. Stitch the Star/Flying Geese border to the top and bottom of the quilt.

3. Use the GO! Strip Cutter-2½" (2" Finished) (55017 or 55014) to cut purple outside borders. Stitch the vertical borders to either side of the quilt. Stitch the horizontal borders to the top and bottom of the quilt. Press all seams toward the borders.

Quilting and Finishing

1. Layer batting between quilt top and backing.

2. Pin or baste layers together.

3. Quilt as desired.

4. Add binding, mitering corners.