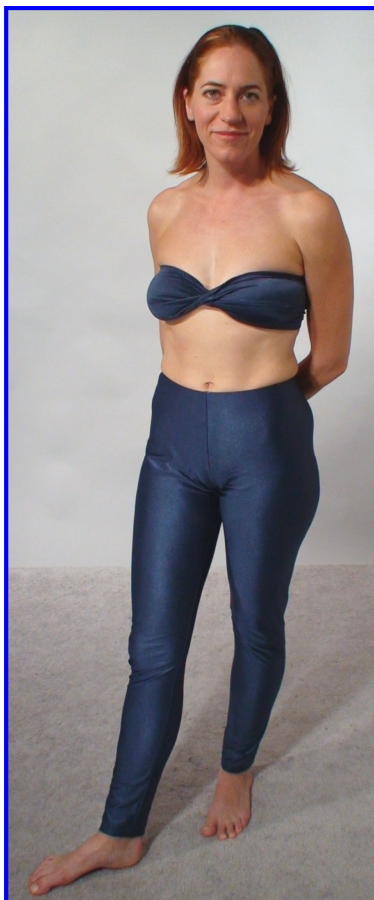


*Pattern Design Guides by Don McCunn***How to Make Leggings**

These patterns can be used to make Leggings from stretch fabric. The instructions include how to create the patterns and basic sewing instructions.

(rev: 10/23/2008)

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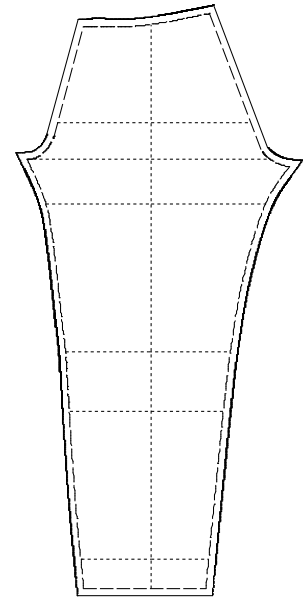
How to Make Leggings

Introduction

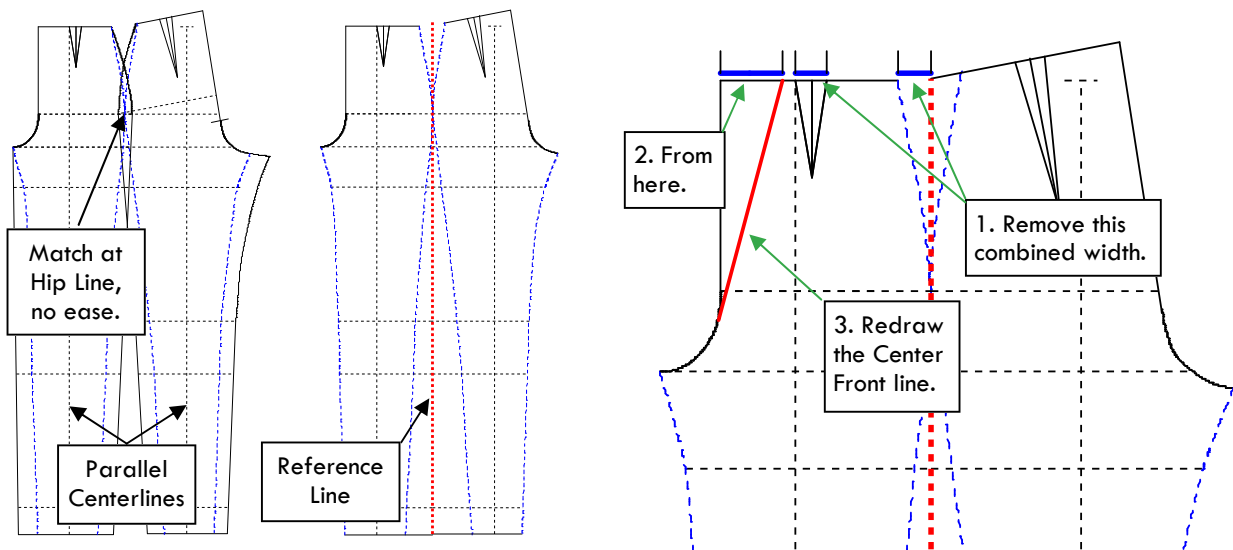
The Legging pattern described here can be used either as an outer garment or an undergarment. The pattern is intended to be used with stretch fabric whether it be Lycra or Spandex for active wear or Polar Fleece for warmth.

The legs have an inseam but no side seam. The two legs are joined with a center front to center back seam around the crotch curve. No ease is included in the pattern. The waistband is elasticized.

The patterns are derived from a pants sloper that has been marked to show where the body is located for a close fit. The illustration shows patterns with only one front dart and one back dart. The darts in the pattern you use may be different.

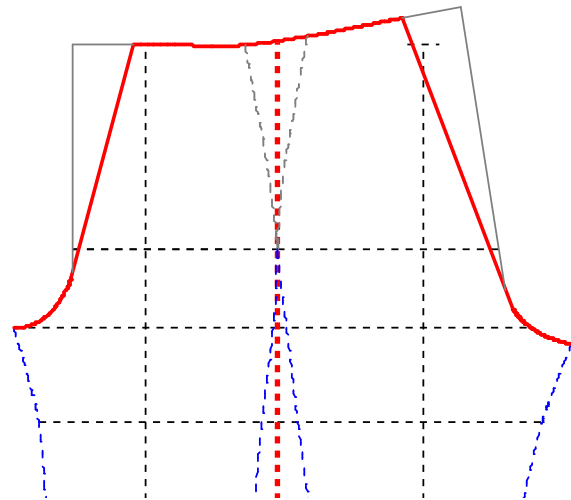
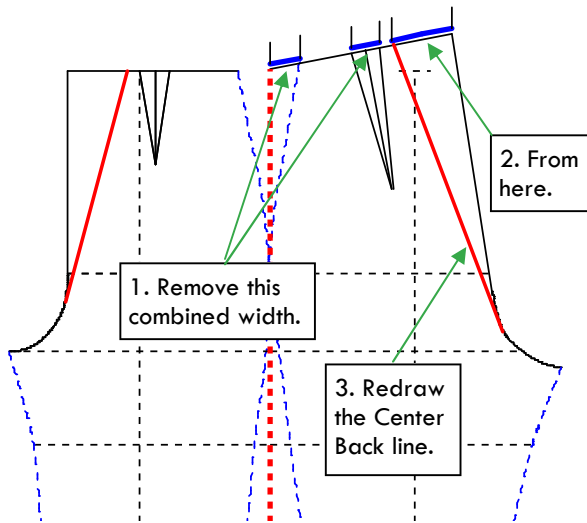


Creating the Leggings Pattern



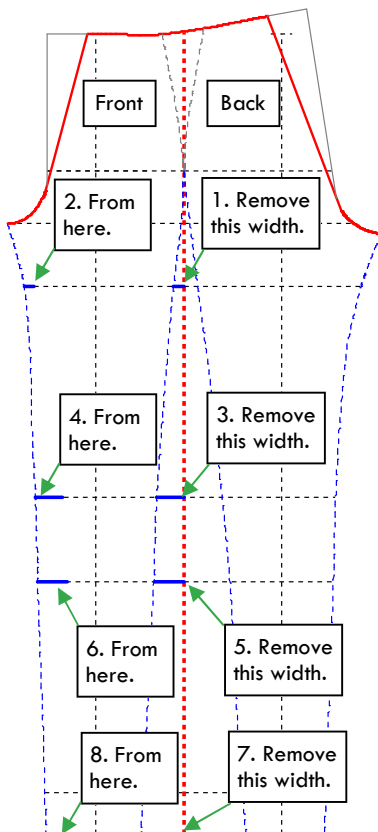
1. Place the front and back sloper patterns together so they touch at the side of the hip. This should be the mark that shows the location of the hip with no ease.
2. Verify that the leg centerlines for the front and back patterns are parallel.
3. Make a copy of the patterns showing the lines of the body with no ease.
4. Draw a vertical reference line from the hip at the side seam, the red line in the illustration to the right.
5. At the waist determine the width of the dart and the distance from the blue side seam to the red reference line.
6. On the waist measure in from Center Front the distance determined in Step 5 and make a mark.
7. Redraw the Center Front line to the mark from Step 6. This line will be angled and should intersect smoothly with the front crotch curve.

Creating the Legging Pattern, cont'd

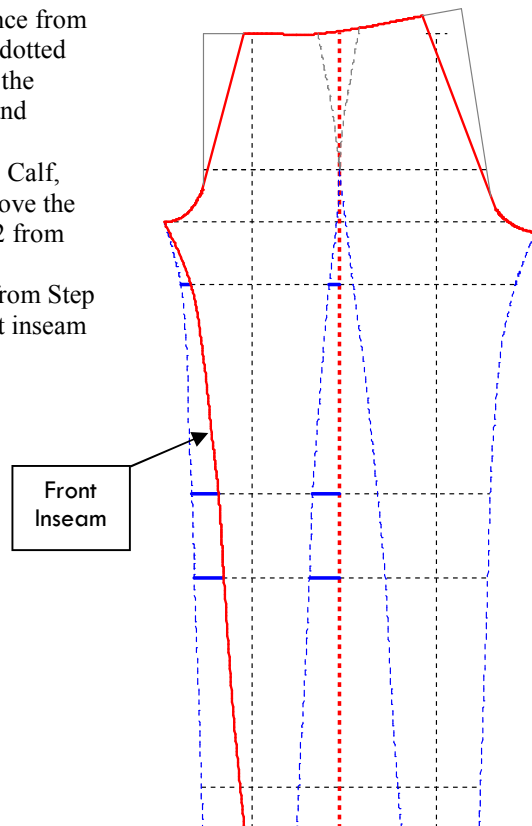


8. At the waist determine the distance from the dotted red reference line to the blue side seam and the width of the dart.
9. On the waist measure in from Center Front the distance determined in Step 8 and make a mark.
10. Redraw the Center Front line to the mark from Step 9. This line will be angled and should intersect smoothly with the front crotch curve.

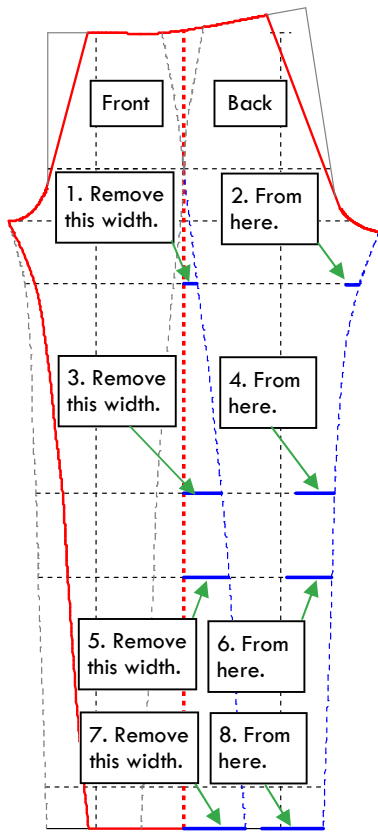
11. Draw in the waist line to complete the torso portion of the pattern. The dart shapes have been removed from the illustration above for clarity.



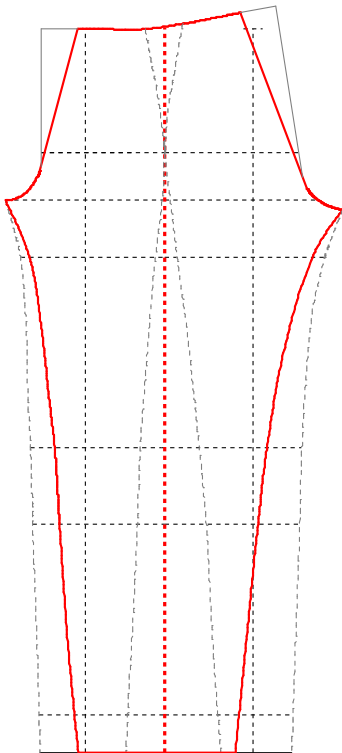
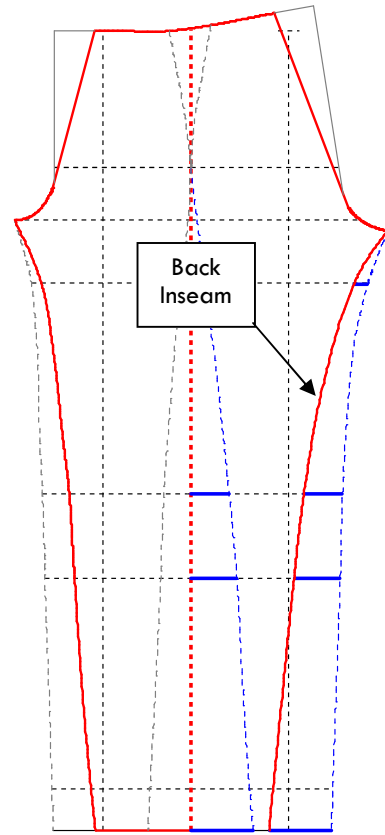
12. Determine the distance from the side seam to the dotted red reference line at the Thigh, Knee, Calf, and Ankle.
13. On the Thigh, Knee, Calf, and Ankle lines remove the lengths from Step 12 from the front Inseam.
14. Connect the marks from Step 13 to create the front inseam for the Leggings.



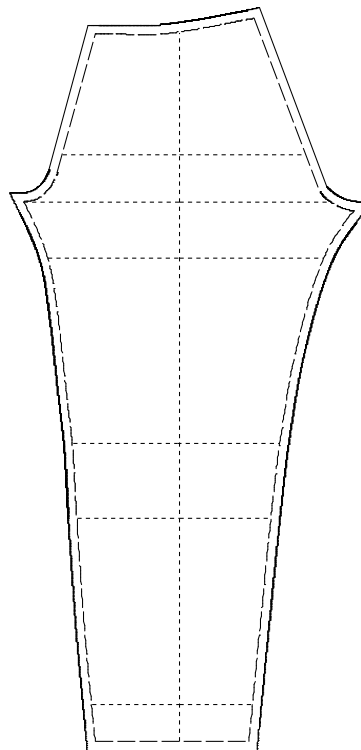
Creating the Leggings Pattern, cont'd



15. Determine the distance from the dotted red reference line to the side seam at the Thigh, Knee, Calf, and Ankle.
16. On the Thigh, Knee, Calf, and Ankle lines remove the lengths from Step 15 from the front Inseam.
17. Connect the marks from Step 16 to create the back inseam for the Leggings.
18. Add seam allowances to complete the pattern.



The Completed Pattern



Seam Allowances Added

Sewing Instructions

Fabric Selection

Before you can cut out your leggings, you will need to select the fabric. Most stretch fabric is 60" wide so if your pattern with seam allowances is 30" or less, you only need one length of the pattern. Otherwise you will need to use twice the length.

Elastic

Typically waist elastic is 1" (2.5cm) to 1-1/4" (3cm).

Ballpoint Needle

I recommend a ballpoint needle for your sewing machine and Gutermann 100% polyester thread.

Materials

Qty	Item	
1	Pants Fabric	___ yds
1	1" (2.5cm)Elastic	1 package

Step I. Prepare the Fabric

There are a variety of factors that may be involved in cutting the fabric. The steps below are the most common.

1. Typically fabric for Leggings does not need to be prewashed. However, it can remove some of the chemicals which can cause skipped stitches.
2. Straighten one end of the fabric.
3. Fold the fabric right sides together.
4. Place the pattern pieces on the fabric.
5. Pin the pattern pieces to the fabric.
6. Cut the fabric keeping the fabric as flat as possible.
7. Cut notches as required to align the fabric during sewing.

Step II. Sew the Leggings

Leggings are one of the easiest garments to sew. I like to use a zigzag stitch 2cm wide by 2cm long.

1. Pin the inseams of one front leg to the back leg, right sides together, then sew.
2. Press open.
3. Repeat steps 1 and 2 for the other leg. Be sure you have a left leg and a right leg.
4. Turn one leg right side out and pull it into the other leg so the two legs are right sides together.
5. Pin the crotch curves together then sew.
6. Cut a length of elastic for the waist that is comfortable. Include a 1" overlap.
7. Overlap the elastic ends by 1" (2.5cm) and sew to create a loop of elastic.
8. Pin the waist elastic on the wrong side of the fabric. Stretch the elastic so it is evenly distributed around the entire waist of the Leggings.
9. Zigzag the elastic to the fashion fabric.
10. Turn the elastic to the inside of the Leggings, then zigzag it in place.
11. Hem the bottom of the leggings if desired.



Measure for a Comfortable
Waistband Elastic