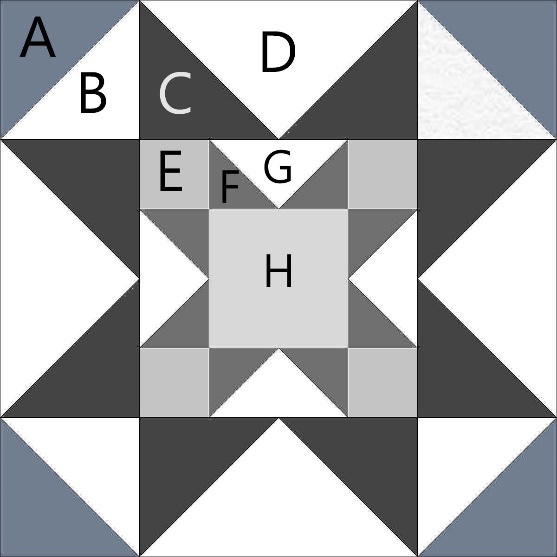
   
 **Tuning My Heart Quilts**

Under the Stars   
Block of the Week Quilt   
by Debra Davis

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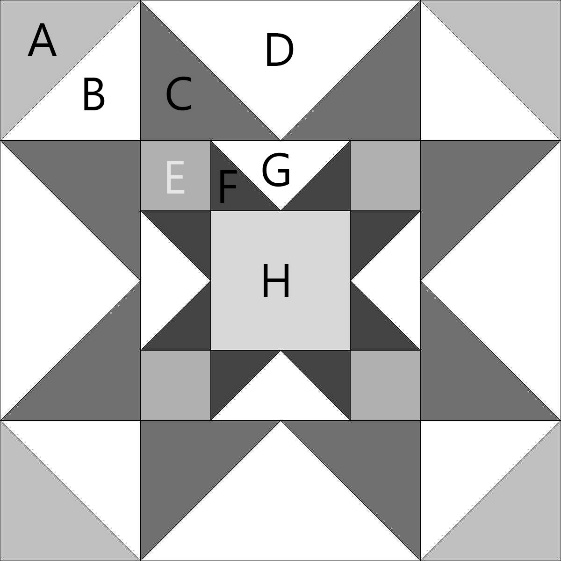
**Block 1 – Eight Hands Around**

**Fabric Needed for Red and White Version:** 2 greys, *2 medium red, 1 dark red, and white*

**Cutting Directions:**

A- (cut 2) 5 1/8” x 5 1/8” *medium Red # 1*B- (cut 2) 5 1/8” x 5 1/8” *white*C- (cut 4) 5 1/8” x 5 1/8” *Dark Red*D- (cut 1) 9 ½” x 9 ½” *white*E- (cut 4) 2 ½” x 2 ½” *Grey #1*F- (cut 4) 3 1/8” x 3 1/8” *medium Red # 2*G-(cut 1) 5 ½” x 5 ½” *white*H- (cut 1) 4 ½” x 4 ½” Grey #2

**Fabric Needed for Color Version:** 1 light, *3 medium, 1 dark, and white*

**Cutting Directions:**

A- (cut 2) 5 1/8” x 5 1/8” *medium #1*B- (cut 2) 5 1/8” x 5 1/8” *white*C- (cut 4) 5 1/8” x 5 1/8” *medium # 2*D- (cut 1) 9 ½” x 9 ½” *white*E- (cut 4) 2 ½” x 2 ½” *medium #3*F- (cut 4) 3 1/8” x 3 1/8” *dark*G-(cut 1) 5 ½” x 5 ½” *white*H- (cut 1) 4 ½” x 4 ½” light

**To Make the Block:**

**Step 1:** Using A and B squares make four Half-square triangle units. (HST’s)

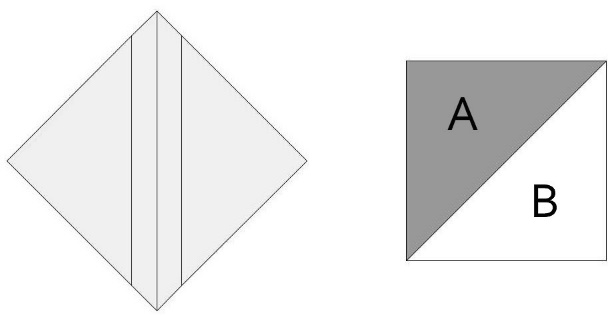
On the back of the B squares draw a line down the middle. Place right sides together with A square. Sew ¼ inch from each side of the line.  
Cut apart on line and press towards darker side.  
Trim to 4 ½” squares.

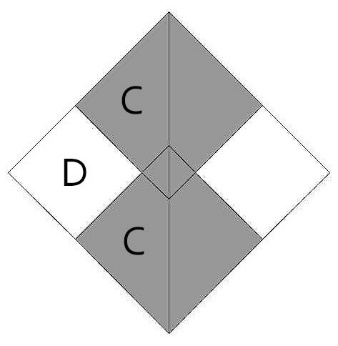
**Step 2:** Using the C and D squares make four Flying Geese units.

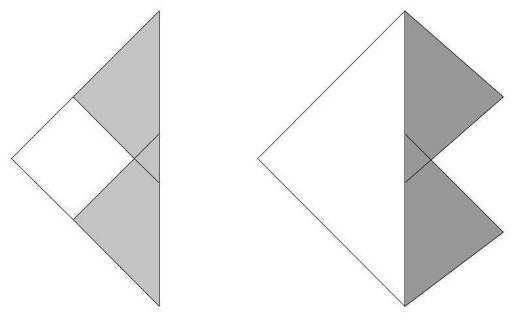
Place two C squares right sides together on the D square. Draw a line down the middle. Sew ¼ inch from each side of the line. Cut apart on the line and press towards the small triangles. Place another C square on top of unit and draw a line down the middle. Sew ¼ inch from each side of the drawn line, cut apart and press towards the small triangles. Trim Flying Geese units to 4 ½” x 8 ½”

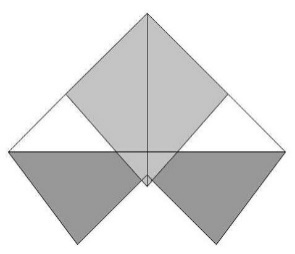
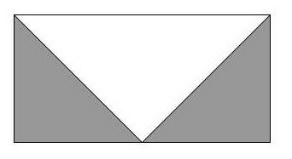
**Step 3:**

Repeat step 2 using the F and G squares.  
Trim these units to 2 ½” x 4 ½”





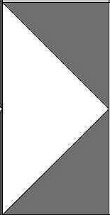
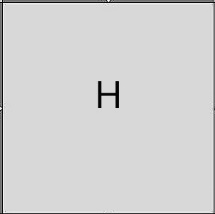




**Step 4:**

Assemble the center 9-patch square.  
Press top and bottom rows toward E.  
Press middle row towards H.

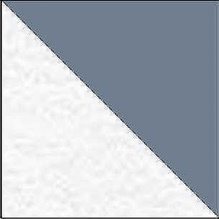
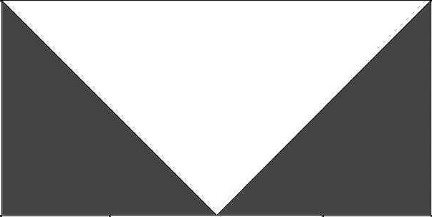
  

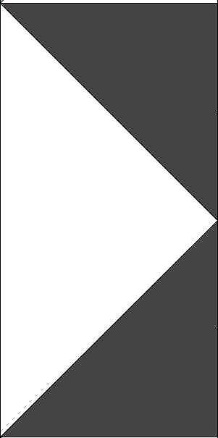
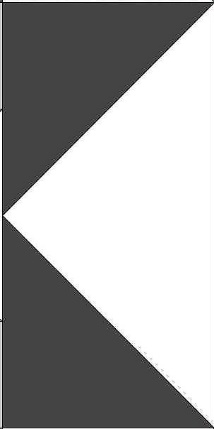
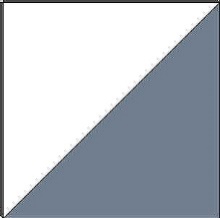
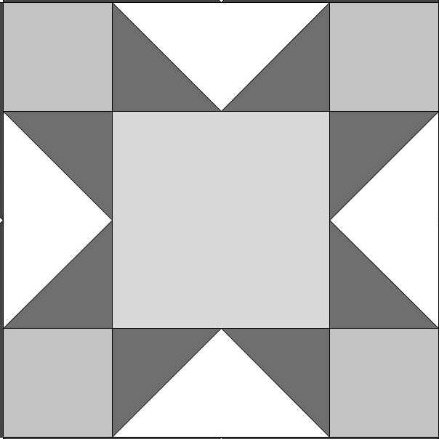
  

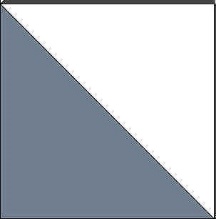
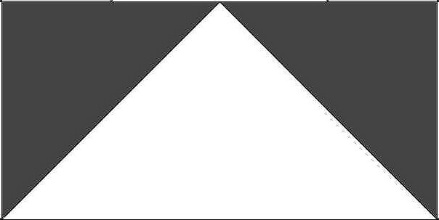
  

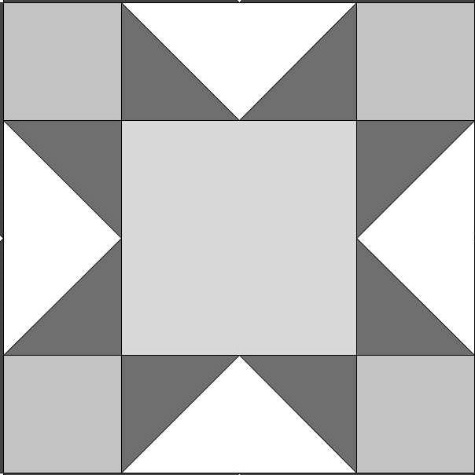
**Step 5:**

Assemble Block. Press top and bottom rows towards HST’s. Press middle row towards center square.



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