



Step-by-step instructions, videos, supplies, and details for additional sneaker build options.

Quilted Sneakers “Sew Easy” build method:

Supplies:

Your DIY Kit comes with 9 Pattern Pieces:
(1) inside quarter panel for left/right shoe,
(1) outside quarter panel for left/right shoe,
(1) one piece tongue left,
(1) one piece tongue right,

From these pattern pieces you will cut the exterior fabric with foam padding or batting attached and the lining fabric for both left and right shoes.

(1) one back tab (cut 2 from lining fabric)
(1) bottom shoe footbed panel left/right.

Put away the (1) left tongue piece, (1) right tongue piece, and (1) toe tip left/right piece. We will not use those pieces for this build.

Also included:

1 pair rubber outsoles in your size
1 pair pink lasting board (trim to your size)
1 pair memory foam footbed (trim to your size)
1 sole stitching awl needle
1 spool waxed sole stitching thread
1 disappearing ink pen

Suggested Fabrics:

Fabrics: cotton, cotton blends, denim, twill, canvas.

Suggested Fabric Quantities:

Choose High Top or Low Top Sneaker

Exterior Fabric: One fat quarter, 18” x 22”

Foam Padding/Batting: equal to 18” x 22” piece

Lining Fabric: One fat quarter, 18” x 22”

Notions:

Needle: Size 90-100 machine needle depending on the thickness of your fabric.

Thread: for quilting and construction.

Foam Padding/Batting: 1 sheet Polyester Shoe Lining Mesh 5mm Foam Backed with self adhesive backing in black or white from Shoemakers Academy, or batting like Annie’s Soft and Stable.

Eyelets: 24 or 32 depending on low cut or high top (eyelet kit available at Shoemakers Academy)

Shoelaces: Low cut length approx. 59” or high-top length approx. 63”

Washi Tape and Pen: label all pieces

Scissors, fabric clips, iron, (optional) seam sealant or glue stick

Interfacing and Reinforcement: (optional)

Available online at Shoemakers Academy.

For a stiffer, more supportive shoe add:

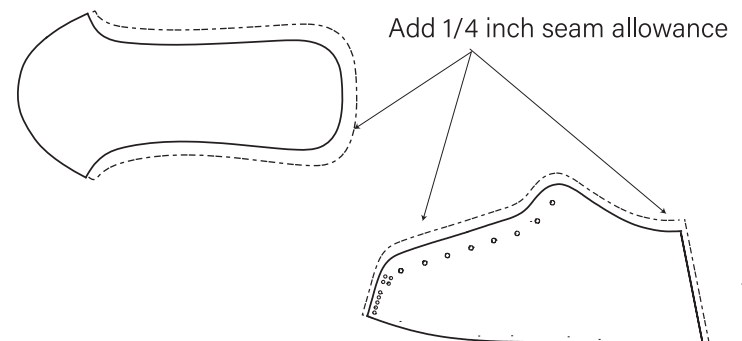
Shoe Reinforcement Interface Fabric White

Non-Woven .5mm: 2 sheets needed. This non-woven backing is like paper. It’s self-adhesive and easy to cut, peel, and stick to the wrong side of the exterior fabric.

Consider adding Toe Puff and Heel Counter Moldable materials from Shoemakers Academy

Important: seam allowances are NOT included.

If you choose to make the turn method “Sew Easy” shoe as instructed here, ¼” seam allowances will need to be added to the long edges of the shoe and tongue.



Additionally, ¼” seam allowance needs to be added to the back center seam and the back tab lining pieces.

Notes:

There are a few methods to assemble the sneaker uppers:

Turn Method, which is covered here.

Binding Tape Method, which requires 1/2 yard fabric to make your own bias tape. See videos online.

Upper reinforcement: there are many reinforcement options for your shoe uppers some of which are mentioned here.

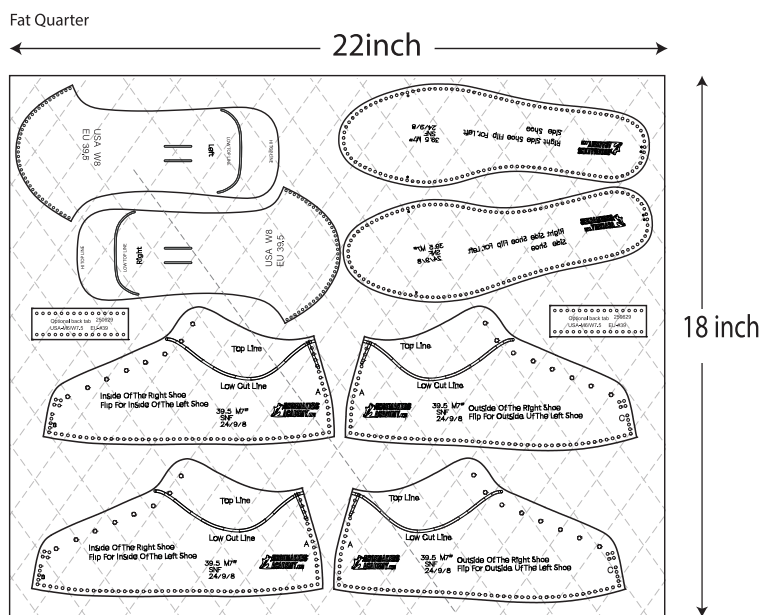
Assembly: "Sew Easy" fast and easy method of stitching the upper directly to the outsole is covered here. See the more stable Strobel method online.

For further instructions on all options please visit ShoemakersAcademy.com

STEP 1: Design and Plan Your Quilted Fabric Upper

Layer exterior fabric and foam padding and quilt per your preference.

Layout exterior pattern pieces on your quilted fabric to design your shoe. Be mindful of pattern direction on fabric so your design faces the desired direction. Remember, you will need to flip over the side panel pieces so you have two sets of parts that mirror each other to make the left and right shoes. Use extra fabric to decorate your foam footbeds (optional).



STEP 2: Tracing and Cutting on Quilted Fabric and Lining:

Trace and cut pattern pieces on the exterior fabric. For the turn method construction, add seam allowances to long upper edges of shoe and tongue.

Trace and cut pattern pieces on the lining fabric. Same as you did for exterior quilted fabric. Also, cut 2 back tab pattern pieces - add seam allowance.

Note: for this turn method, add 1/4" seam allowances along long upper edges of the shoe and tongue. Also, add 1/4" seam allowances to all center back seams on the lining and add 1/4" seam allowance to the long edges of the back tab.

Label your parts with washi tape and pen. Label the left and right and also medial (inside) and lateral (outside). Keep them separated.

Mark side panel pieces for eyelets.
Mark tongue pieces for buttonholes.

Trace and cut shoe reinforcement interface fabric. (Optional) No seam allowances necessary. Peel paper backing from interfacing and apply within the lines of the seam allowances to the wrong side of the exterior shoe pieces.

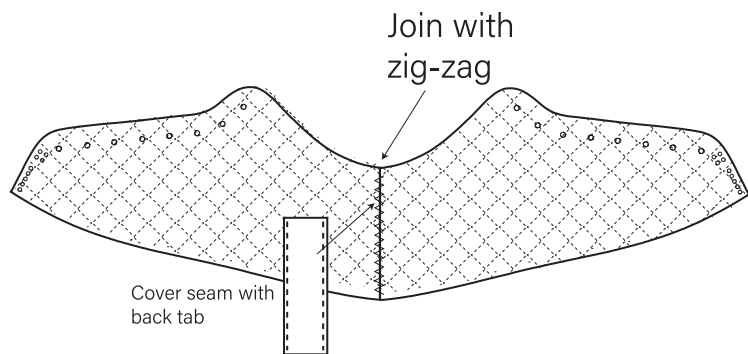
Trace and cut the footbed pattern pieces for both the left and right foot on the pink lasting board and on the green footbed foam. The white fabric side of the footbed foam will face up. Put these pieces aside until later. Decorate the footbed foam with quilted fabric, lining, or however you like (optional).

STEP 3: Sewing Shoe Uppers

If adding additional foam to uppers, prep the uppers by basting foam to wrongside of exterior fabric at a scant 1/4".

Center back seam: Line up center back seam of exterior quilted/interfaced side panels. Sew together using a zig-zag stitch set at 4.0-5.0 width. Press the long edges of the back tab in at 1/4" on both sides. Cover the outside seam with back tab cut from lining material. Use a glue stick to hold it in place if necessary. Sew along the long edges of the back tab (see illustration on next page).

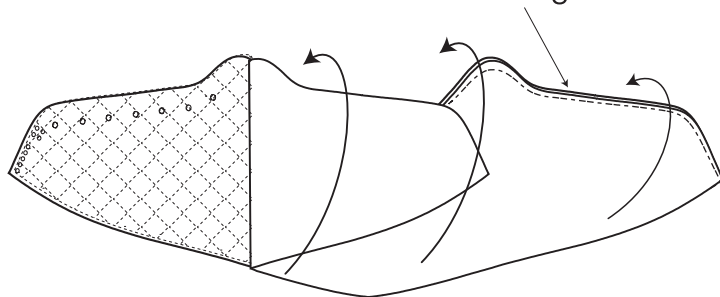
Sew lining pieces right sides together at center back seam in 1/4" seam allowance. Press seam open.



Attach Lining to Uppers:

Put lining and exterior pieces right sides together. Pin or clip around long edges. Stitch long edges from toe to toe at scant 1/4". Trim seam allowances at an angle to remove foam bulk. Clip curves up to, but not through the stitching. Turn the lining fabric to inside. Press. Top stitch around edge a scant 1/4" (see illustration). Repeat same method for tongue pieces.

Stitch and turn to create finished edge



Visit [Shoemakers Academy.com](http://ShoemakersAcademy.com) for the complete step-by-step turn out video instructions.



Add button-hole openings in both tongues per markings.

STEP 4: Eyelets

Choose your eyelet hardware color. Use a 5mm punch to create the eyelet holes. Push the rivet shaft into the 5mm hole and place it on the rivet setting base with the outside face of the rivet facing down. Add the rivet back to the setting post. Set the rivet with the setting punch and hammer.

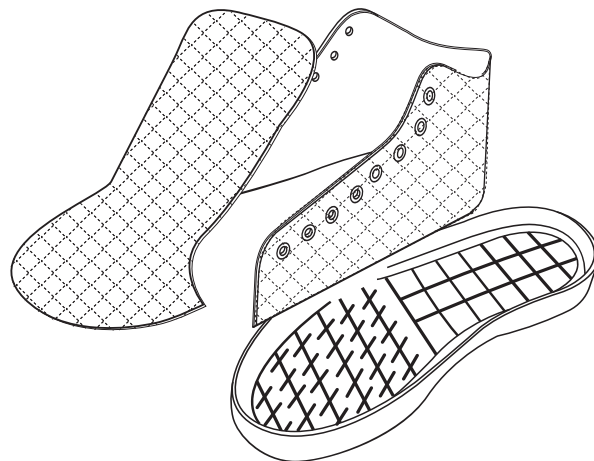
Note: It's best to practice first on scrap material to find the hammering force required.

STEP 5: Sneaker Assembly

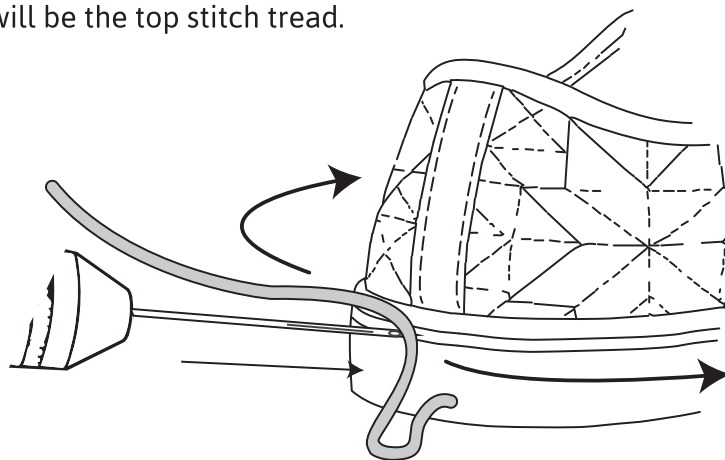
This "Sew Easy" fast assembly option makes a very flexible shoe and is for those who don't have the time required to make a stronger, sturdier shoe using the Strobel sewing attachment method.

You will sew the side panels directly to the outsole and then sew the tongue pieces to the outsole.

First, sit the upper inside the outsole edges. Make sure the upper is centered in the middle of the heel.



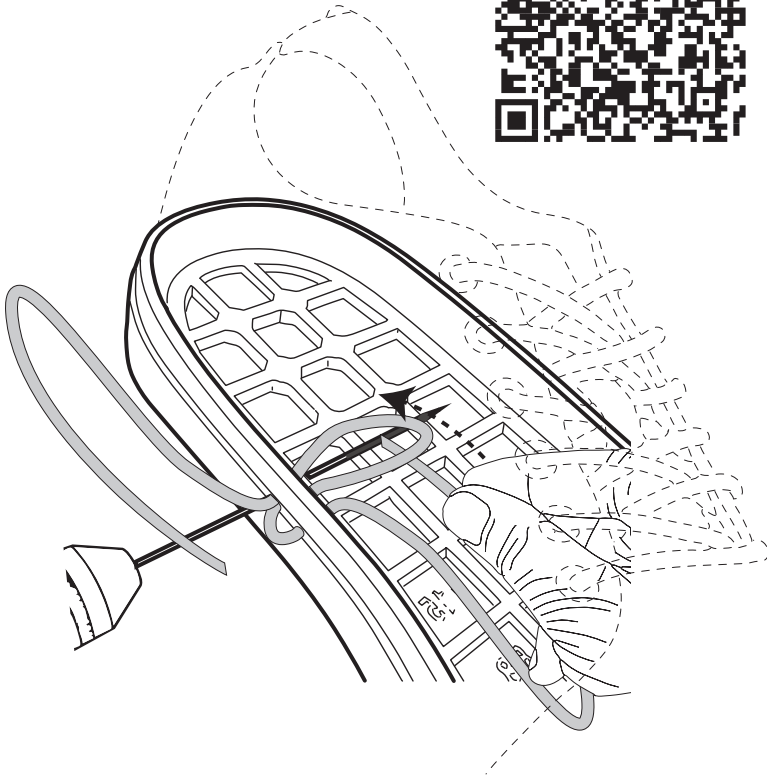
Starting at the center of the heel, insert the needle and feed the thread into the shoe. Pull a length of thread equal to one loop around inside the shoe. This is your bobbin thread, the thread outside of the shoe will be the top stitch tread.



For your first stitch, punch the needle into the groove then slowly withdraw the needle 1/2 way. Make sure to leave a small loop inside the shoe.

Feed the inner bobbin thread into the loop BEHIND THE NEEDLE. Completely withdraw the needle, then pull both the inside and outside threads to tighten and secure the stitch. Advance 1/4" and insert the needle to make your next stitch. Repeat. (See illustration on next page.)

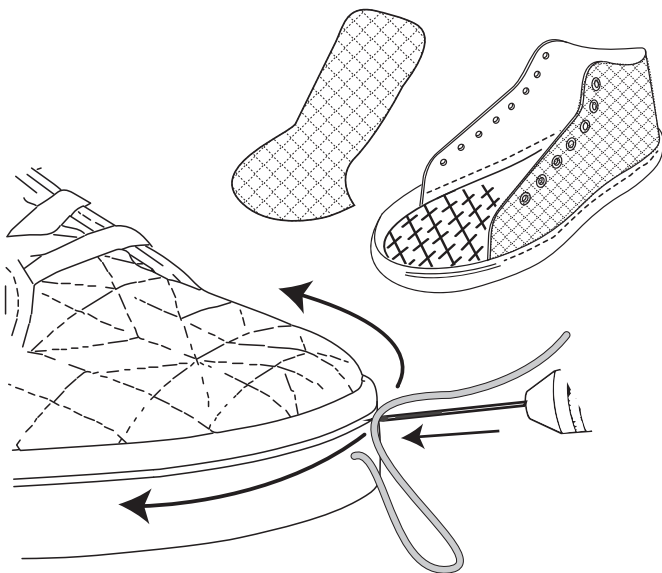
Visit [Shoemakers Academy.com](http://ShoemakersAcademy.com) for the complete step-by-step sole stitching video instructions.



On the final stitch, pull the outside thread into the shoe and secure it with a knot.

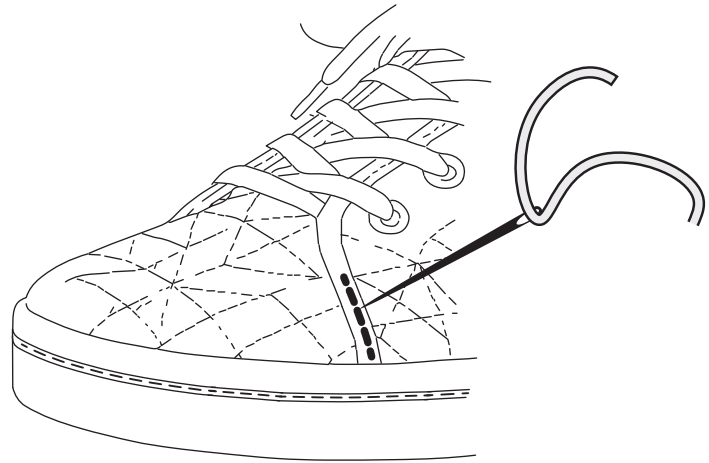
Once you have stitched one side of the side panel, return to the heel and sew the other side.

Tongue Attachment: After you have secured both side panels you will attach the tongue. Center the tongue in the front of the outsole. Following the same stitching process, start in the center and work to secure one side, then the other.

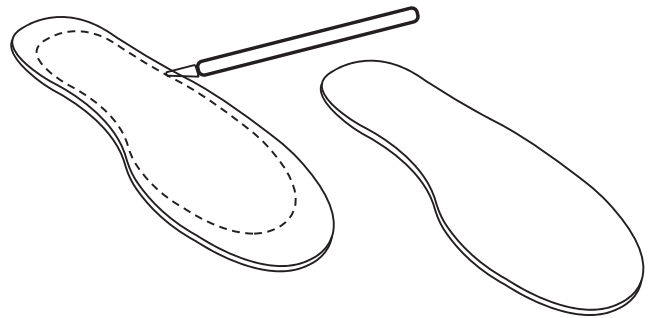


STEP 6: Finishing Touches

Secure the tongue to the side panels with a short line of stitches.



Locate your cut pink lasting board and footbed foam pieces and insert them in the shoe with the lasting board under the footbed foam (the white fabric side is the top). For extra stability, glue the footbed to the lasting board before inserting it in your shoe.



Shoelaces: Finally, add some colorful laces and a fancy lacing technique of your choice.



Congratulations! You did it!

We love to see the work of our shoemaking friends. Send photos: TheShoeDog@ShoemakersAcademy.com