

*In The Hoop*

# FUN Flip Flop Coaster

*By Michelle Dorsey*



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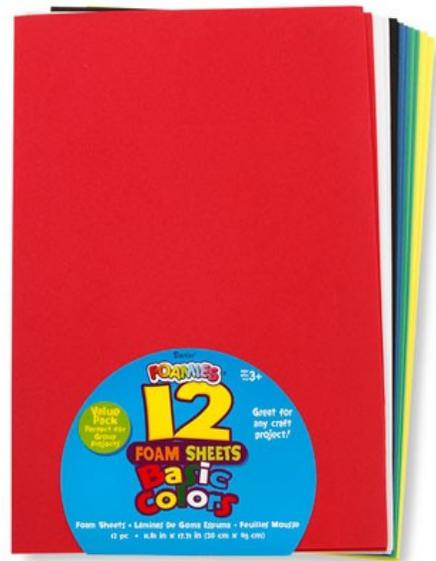
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The ITH Flip Flop Coaster design is available in the following formats:  
**JEF, PES, HUS,  
DST and EXP**

**Starch and Iron Fabric.**  
**Please read through the entire tutorial before beginning this project.**

## SUPPLIES:

- 5" x 7" hoop
- 8" x 10" woven Water Soluble Stabilizer (WSS)
- KK2000 or equivalent basting spray
- Appliqué scissors (optional but helpful)
- Scrap piece of tear away stabilizer (optional)
- 6" x 8" piece of cotton fabric
- 6" x 8" piece of Pellon Fusible Fleece
- 6" x 8" piece of coordinating foam sheet
- 15" of 5/8" grosgrain ribbon
- Scotch tape
- Embroidery thread
- Matching bobbin thread for final satin stitch
- Normal sewing and embroidery notions
- Large crystal jewels, bows or buttons for embellishing
- Hot glue gun



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I love projects where I can use up some of my scraps.  
This one definitely falls under the scrap friendly category.

Normal embroidery bobbin thread is suitable for most of the embroidery design but please use matching thread when prompted in the final steps of this project.

Please also note that the colors are merely stops for the design. You may choose the thread colors according to your fabric choices and/or use the same color of thread for the entire design stitch out.

## A Little Prep Work:

- Fuse the Pellon Fusible Fleece Stabilizer to the wrong side of fabric according to manufacturer's instructions. This will be known as the joined piece.
- Hoop the WSS in the 5" x 7" hoop.

## Color Sequence and Steps for the Embroidery Design:

1. Stitch **Color #1** directly on the stabilizer. This is a placement guide. Place the joined piece right side facing up on top of the stabilizer, covering the stitches.
2. **Color #2** tacks the fabric in place. Remove hoop from machine and trim close to the stitching taking care not to cut through the stitches. Replace hoop onto machine.



*HINT: I like to repeat **Color #2** twice.*

3. **Color #3** is the quilting on the coaster. Trim all jump stitches.
4. **Color #4** is a placement guide for the left side of the flip flop "strap". After machine has stopped, place the grosgrain ribbon right side facing down on the stitched line with about a 1/2" ribbon excess over placement line. Hold ribbon in place with a piece of Scotch tape. Proceed to **Color #5**.
5. Tacks ribbon in place. Trim excess ribbon to about 1/4".
6. Zig zag stitch over the end of the ribbon for the left side.
7. Placement line for top of flip flop "strap". After **Color #7** stitches, fold ribbon back over itself, aligning the ribbon along the placement line for the top of the "strap". Allow excess to hang over stitched placement line and top of hoop. Place a piece of Scotch tape over ribbon to hold in place.
8. Stitch **Color #8**. Trim excess ribbon to about a 1/4".



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9. Placement line for right side of flip flop “strap”. After machine has completed **Color #9**, place remaining piece of ribbon right side facing down over stitched line. Secure with a piece of Scotch tape. There will be excess ribbon on both sides of the stitched line, one short end near the stitched line and one long one hanging off the side of the hoop.
  10. Tacks the ribbon in place. Trim excess ribbon along short end only.
  11. Zig zag over the end of the ribbon for right side of “strap”.
  12. Before stitching **Color #12**, fold the ribbon back onto itself, covering the stitches made in the previous step. Align the ribbon along the top of the flip flop “strap” placement line. Secure with a piece of Scotch tape. Stitch **Color #12**. Trim excess ribbon to about a 1/4”. Proceed to **Color #13**.
  13. Zig zag stitch over end of ribbon for top of flip flop “strap”.



*HINT: Insert matching bobbin thread before stitching **Color #14**.*

14. Before stitching **Color #14**, remove hoop from machine. Turn hoop over to back side. Spray with KK2000 and cover the back of the design with the piece of foam. Carefully place the hoop back onto the machine. Proceed with **Color #14**.
15. Extra outline stitch of flip flop. After machine stops, remove hoop from machine and trim excess foam close to stitched line. Take extra care not to cut through stitches. Replace hoop onto machine. Proceed with **Color #16**.



*HINT: Place a piece of tape over each “strap” to help keep your pressure foot from catching on them. Place a piece of tear away stabilizer under the foam if your machine seems to “stick” when stitching with it attached. You can remove the tear away once the design is completed.*

16. Zig Zag stitches to secure backing before final satin stitches.
17. Satin stitch.
- 18.

Once all the colors have stitched, remove hoop from machine. Use sharp scissors to trim excess WSS from flip flop. Any remaining tidbits of stabilizer can be removed with a wet sponge or Q-tips. If you used tear away stabilizer under the foam, be sure and remove it too. Sharpies or permanent markers are a great way to hide any stitch or cutting mishaps. Embellish the top of the flip flop with buttons, large rhinestone jewels or ribbons to make your flip flop coaster uniquely yours! **ENJOY!**

