



# Strippy Improv Workshop Materials List

with Lisa Swenson Ruble

***Add a little zip to your applique designs with this scrappy method!***

***Learn the strippy improv technique combined with reverse applique methods to create unique quilt blocks. In this 4-hour workshop, you'll learn how to use strips and scraps to sew strippy improv blocks. Using the pattern of your choice (see options below), you can transform them into applique blocks themed for variety of occasions and complete a wall hanging, table runner, or placemats.***



**Strippy  
Improv  
Holiday**



**Strippy  
Improv  
Halloween**

**Strippy Improv Circles**



**Strippy Improv Hearts**



## Supplies and Tools

- An assortment of fabric strips for blocks (strips should measure approximately 1-1/2"-2" x 8"-10")
- 9" squares or larger for each block background
- 9" squares of muslin for each block
- Sewing machine and general sewing supplies
- Small iron and ironing pad
- cutting mat and rotary cutter
- 3" x 12" ruler and 12" square ruler
- Paper backed fusible web
- Pencil or light colored fabric marking pen
- Light box (optional)

**Purchase pattern of choice  
at <https://www.etsy.com/shop/QuiltyZest>  
Use code KLCQ10 for 10%  
discount**