Basic Scoop Tank - M

Simple layers, simple sewing

FREE PATTERN / UNSEWN FITTING DRAFT. A practice project in four-way stretch fabric. Sew a fitting sample before cutting special fabric. These mockups show the intended design, not a sewn sample.

Design and sizing

Rounded front scoop, higher scoop back, 4 cm finished shoulder width intended to cover bra straps, and a hip-bone hem for tucking in. Two body pieces, no darts or princess seams.

Measurement	Body reference	Finished draft
Bust	96 cm	86.4 cm
Waist	74 cm	66.6 cm
Full hip / hem	103 cm full hip	92.7 cm hem (provisional)
Height	165 cm	56.0 cm high shoulder to hem

The hem measurement is an estimate derived from the existing full-hip reference, not a measured high hip. Check your own hip-bone circumference and desired length. The body width has 10% negative ease; length has no reduction. The chosen fabric must stretch comfortably to your body measurements and recover well.

Supplies

Allow approximately 0.8 m of 150 cm wide four-way stretch fabric, including self binding; check your own cutting layout. Use fabric similar in weight and stretch to the intended final top. Matching polyester thread, stretch/ballpoint needle, overlocker (optional), and sewing machine with zigzag. No coverstitch or twin needle required.

Before cutting

Prewash as appropriate for the fabric. Mark a 10 cm section across the fabric, stretch it gently, and check that it returns to its original length. A 10 cm section must comfortably reach at least 11.2 cm for the draft negative ease alone; allow additional movement stretch. If recovery or comfort is poor, adjust the pattern rather than forcing the fabric.

Print and assemble

Choose US Letter OR A4, not both. Letter uses six sheets; A4 uses 6 sheets. Print single-sided at 100% / Actual Size, with Fit/Shrink disabled. Print A1 first and measure the inner test square: it must be 5 x 5 cm before printing the remaining pages.



Mockup for design reference only. Final stitching is narrow zigzag.

Letter map: A1 - A2 - A3 above B1 - B2 - B3. A4 map: the same two rows of three. Trim the right/bottom border of one sheet as needed and overlay the adjacent border; the 6 mm overlap repeats the same geometry. Match the borders and pattern lines. Do not insert a gap or trim away the pattern at each page edge.

Paper saving: the front and back share one compact grid, with the test square inside unused space. The strips are measured, so no binding templates need printing. Keep the instructions and preview on screen. The full-size file is a separate 62 x 52.1 cm actual-size sheet for copyshop printing.

Cutting

Cut FRONT once on the fold and BACK once on the fold. Grain/fold line runs along the body; greatest stretch runs across the body. Cut solid outer lines. The dashed lines show sewn seams and hem fold. Mark both waist-match crosses. Do not add seam allowance: shoulder and side seams already have 7 mm; the bottom has 20 mm. Neckline, armholes and fold have zero allowance because binding wraps those cut edges.

Binding strips - measure, do not print

Cut strips 3 cm wide, with their length in the direction of greatest stretch. Starting cut lengths: neckline 62.4 cm; each armhole 44.8 cm (cut two). These include 7 mm at each joining end. Keep extra length until the pinned fitting is checked. Raw opening lengths: neck 67.7 cm, each arm 48.2 cm. The 90% binding ratio is only a starting point: test a scrap curve and adjust to avoid gaping or puckering.

Sew with overlock + zigzag

1. Baste and fit first

Baste shoulders and sides at the 7 mm seam line. Try on over the bra you plan to wear. Check strap coverage during arm movement, neckline depth, underarm coverage and comfort. Mark the hip-bone hem while standing. Lengthen or shorten between waist and hem before cutting the final fabric. Do not assume a mannequin preview guarantees bra coverage.

2. Sew shoulder and side seams

Right sides together, match shoulders and waist marks. Overlock at the 7 mm seam line, trimming only excess beyond the seam line. Check the seam width on scraps first. Without an overlocker, use a narrow zigzag for the seams and a wider zigzag to neaten if desired. Secure thread tails.

3. Test and join the binding

Pin the provisional binding around the opening, with the top on, before permanent stitching. Shorten or lengthen until it lies flat without pulling. Join each strip into a ring, right sides together, using 7 mm at each end and a zigzag or overlock. Distribute the ring around the opening in four equal sections; the garment sections are measured along the edge, not guessed from shoulder positions.

4. Wrap and zigzag the bound edges

Fold each long strip edge 7.5 mm toward the centre, then fold in half lengthwise to make approximately 7.5 mm wide double-fold binding. Enclose the raw garment edge between its two halves. Pin/clip or baste; stretch the binding gently to match, not the garment edge. Sew a narrow zigzag through both binding folds and the garment. Starting test setting: about 1.5 mm wide and 2.5 mm long; adjust for your fabric and machine. Check that both sides are caught and the opening stretches without thread breakage.

5. Turn and zigzag the hem

Lightly overlock the raw bottom edge without trimming away the 20 mm allowance, if you want it neatened. Turn up 20 mm to the dashed fold line; pin and check the length again. Stitch near the raw/overlocked edge with a narrow zigzag. Do not stretch the hem as you feed it. Test differential feed, presser-foot pressure and stitch settings on scraps if the edge waves.

6. Final check

Try on, raise your arms, sit and tuck the hem into your usual trousers or skirt. Confirm it stays comfortable and that the bra straps and band are covered as intended. Make any fit changes in the editable pattern before making another top.

Pattern status

Geometric seam matching and PDF scale have been checked. This draft has not been sewn or fit-tested. Native Valentina XML references have been checked, but native app opening/export is unverified. Measurements stored in the native file do not automatically regenerate its geometry.