



by  
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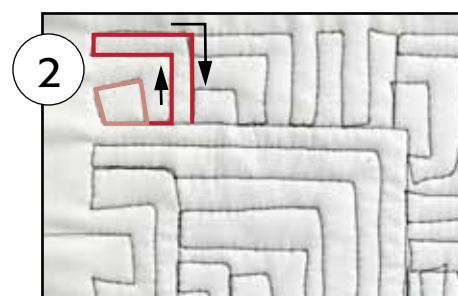
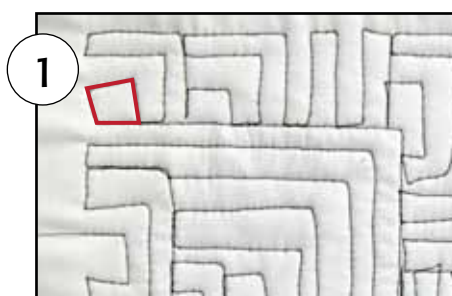
*Natalia is a professional long-arm quilter and has won numerous awards for her work. She is the author of *Beginner's Guide to Free-Motion Quilting* and co-author of *Modern One-Block Quilts*, both from Stash Books, [ctpub.com](http://ctpub.com).*

# Free Motion Quilting for Background Fillers

## Building Blocks

These can be done using a free-motion foot or a walking foot.

1. Begin stitching near an outer edge. Stitch a small square—I like to go about  $\frac{1}{2}$ ".
2. After you have stitched one square, stitch an "echo" around 2 or 3 sides of the square, keeping the echo about  $\frac{1}{4}$ " away from the original square. Repeat the echo two or three times.
3. Stitch another square and repeat the echo process you did in step 2.
4. Continue stitching squares and echos across the entire background area.



**Building Blocks**

