

40+ Ways to Use Your Free Motion Foot by Beret Nelson from On the Trail Creations

This chart is to help you keep track of what you've watched, since it's a lot! And the 'tried' box is just for the ones you want to try, don't feel pressure! Maybe highlight the ones you'd like to try and then check them off as you try them.

Intro Watched

	3:52	
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Week 1 16:11 Watched Tried

1	X for straps		
2	Buttons		
3	Darning		
4	Patches		

Week 2 27:11 Watched Tried

5	Triple zig zag		
6	Paper		
7	Quilting		
8	Monogramming		

Week 3 12:43 Watched Tried

9	Zig zag quilting		
10	Panels		
11	Applique		
12	Signing quilts		

Week 4 26:12 Watched Tried

13	Quilting from back		
14	Variegated thread		
15	Trapunto look		
16	Actual trapunto		
17	Bobbin work		

Week 5 20:53 Watched Tried

18	Satin stitch quilting		
19	Yarn couching		
20	Doble/triple needle		
21	Patchwork background		

Week 6 37:14 Watched Tried

22	Quilting rocks		
23	Stitch layer before quilting		
24	Tulle for applique		
25	Outlining for Inktense		

Week 7 20:09 Watched Tried

26	Two threads		
27	Thread painting		
28	Frosty leaves		
29	Bobbin tension off		

Week 8 27:23 Watched Tried

30	Confetti, create fabric		
31	Shading		
32	Lace		
33	Beads		

Week 9 13:37 Watched Tried

34	Big stitches		
35	Imitation crewel embroidery		
36	Fringe		

Week 10 21:59 Watched Tried

37	Couching fabric		
38	Unusual materials		
39	Yarn embroidery		

Week 11 25:15 Watched Tried

40	Cording		
41	Stitching on air		

References:

Bead technique in #33 courtesy of Leslie McNeil from [MarvelLes Studios!](https://www.marvellesstudios.com)

Fabric strip couching, (#37) see @szabone.mariika on Instagram
For more yarn embroidery (#39) and great free motion quilting, check out Bethanne Nemesh, [whitewarriorquilting.com](https://www.whitewarriorquilting.com)
#40, making cord, from Dale Rollerson, [thethreadstudio.com](https://www.thethreadstudio.com)
#41, incredible stand alone embroidery, see Meredith Woolnough, [meredithwoolnough.com.au](https://www.meredithwoolnough.com.au)

Water soluble stabilizers mentioned in a few videos: OESD brand Aquamesh (papery) and Aquafilm (clear), and Sulky Solvy (clear but frosty)

On the Trail
Creations 
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