



Measurement Instructions

When taking your dancers measurements, always keep the measuring tape right to the dancers body. But, don't pull the tape so tight that it changes the shape of their flesh. Never take measurements on yourself.

Before you begin!!!

Tie a ribbon or elastic around their natural waist. Note: To find the natural waist, have your dancer bend to the side. The dent in their side while bent is the natural waist. Leave the ribbon or elastic on for all of the measurements. It is an important point of reference for a few measurements.

1. Chest - Measure the circumference around upper torso across nipple line. Note: Make sure that your measuring tape is Parallel to the floor.
2. Expanded Chest - Measure (#4) again taking a deep breath in allowing the tape to expand.
3. Waist - Measure the circumference around the dancers waist. This is where you previously tied your elastic or ribbon.
4. High hip - This measurement is the circumference taken at the hemline that you selected (in #9) for your tunic from the waistline.
5. Side Neck to Shoulder - Measure starting at the base of the side of the neck to the outside edge of the shoulder bone. Note; don't continue out to the top of your arm bone. This measurement needs to stop right where the shoulder and arm meet at the shoulder joint.
6. Armscye - This measurement determines the armhole of your costume. This is the circumference of the shoulder joint where the arm meets the shoulder bone and around to the armpit.
Start with the arm in A La Seconde, wrap the tape around the shoulder joint, then slowly let the arm hang down while allowing the tape to grow slightly. The measurement is noted when the arm is down. Note: Make sure that the tape stays close to the skin.
7. Shoulder to Elbow - Measure starting at the edge of shoulder bone where you left off at the previous measurement to the base of the elbow bone. (Arm slightly bent)
8. Elbow to Wrist - Measure the distance between the elbow (#15) to the wrist starting at the base of the elbow bone to the bottom of the wrist bone. (Arm slightly bent)
9. Bicep - Measure around the largest part of the bicep of your dominant arm. Note: Bicep flexed.
10. Elbow - Measure around a slightly bent elbow.
11. Wrist - Measure around the wrist bone.
12. Shoulder to Shoulder - Measure across torso from the outside of one shoulder bone (Shoulder bone is noted in #12) to the other, front and then back.
13. Neck to Waist - Measure from the base of the throat down to the waist elastic. Front measurement starts at the hollow where collarbones meet. Back measurement starts at the most prominent bone at base of neck, straight down the back to the waist elastic.