

## How to Measure

**1) Bust:** With dancer's arms relaxed at sides, measure the fullest part of the bust/chest, keeping the tape parallel to the floor.

**2) Waist:** Measure around your dancer's waist, while in underwear or leotard, at the point where trousers would normally ride. Keep one finger between the tape and your body.

**3) Hip:** Stand with heels together, and measure around the fullest part of hips, keeping the tape parallel to the floor.

**4) Torso/Girth:** Run a tape measure full circle from shoulder, over the fullest part of bust, down through the center of crotch and back up to the starting point. **THIS IS THE MOST IMPORTANT MEASUREMENT!**

**5) Inseam:** The length of the leg from the crotch to one inch above the floor. Measure in stocking feet.

