

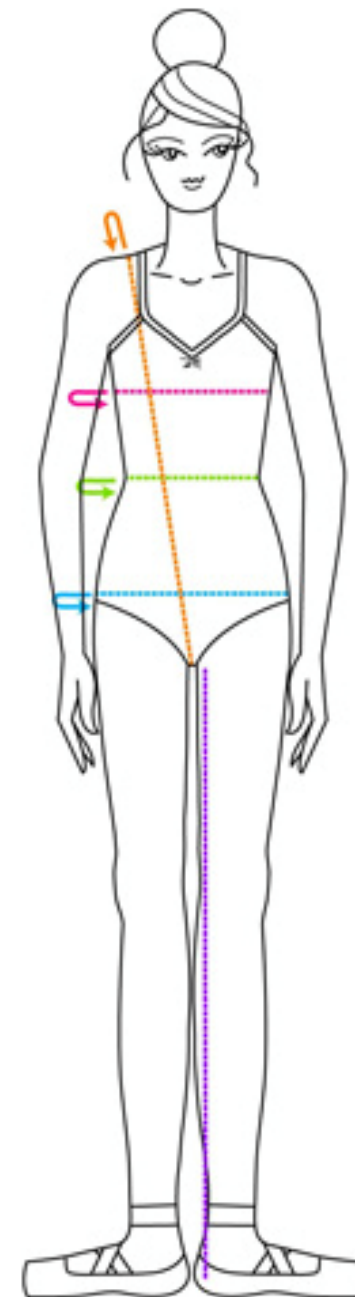
# Body Measurements

Please follow these simple steps when you're ready to take body measurements. Have your dancers wear undergarments or a lightweight leotard with a bra that gives the bust line their typical shape for most accurate measurements.

- Have your dancer stand straight with their weight evenly distributed.
- The measurement tape should be snug but not too tight on circumference measurements and stretched tight for vertical measurements.

## Getting the Measurements:

- **Bust/Chest** – Measure over the fullest part of the chest having the dancer's arms relaxed at their sides.
- **Waist** – Measure around where the waist naturally indents. Keep your finger between the tape and their belly.
- **Hips** – Measure around the fullest part of the hips and buttocks while your dancer stands with their heels together.
- **Girth** – Measure from the midpoint on the shoulder towards the front, through the crotch and back around to meet the midpoint of the shoulder.
- **Inseam** – Measure from the crotch to the bottom. The inseam length is the number of inches, to the nearest half-inch.



- 1-Bust
- 2-Waist
- 3-Hips
- 4-Girth
- 5-Inseam