

ARTISTRY IN MOTION

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MEASUREMENTS FOR DANCE COSTUME

INCHES	DESCRIPTION
1 _____	NECK - measure the circumference, at the base of neck above collarbone
2 _____	BUST - measure around the fullest part, below the armpits and raise the measuring tape slightly at the back
3 _____	WAIST - measure smallest part or where the crease forms when bending to the side
4 _____	CUP SIZE
5 _____	HIP - measure the fullest part approximately 6" below waist
6 _____	BUST DEPTH - from the highest point on the shoulder to the tip of the bust
7 _____	FRONT WAIST LENGTH - from shoulder at base of neck over the tip of the bust to the waist
8 _____	BUST WIDTH - measure distance between the centers of breasts
9 _____	KNEE LENGTH - measure from waist along hip to knee
10 _____	BACK WIDTH - measure across back from arm crease
11 _____	BACK LENGTH - measure from the first vertebra along the spine to the waist
12 _____	SIDE LENGTH - measure from waist to floor without shoes
13 _____	SHOULDER - measure from base of neck to the top of the arm
14 _____	UPPER ARM - measure around the widest part of the upper arm between elbow and shoulder
15 _____	WRIST - circumference at the fullest part
16 _____	ELBOW - measure around elbow
17 _____	SLEEVE LENGTH - with arm slightly bent measure from the top of the arm over the elbow to the wrist
18 _____	STRIDE - center front around crotch to center back waist

