

Tutu Etoile

Female Measurement Instructions

Helpful hints;

While you are measuring your dancer, make sure that their feet are in 6th position and they look forward. (Not down or at you.)

It is important that all of the circumference measurements are parallel to the ground.

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.

The instructions below are numbered in order to follow the same numbers on the measurement chart.

1. Head - Measure around fullest part of cranium. (typically just above the ears)
2. Neck - Measure around throat.
3. Upper Bust - Measure the circumference around the torso just under the armpit.
4. Bust - Measure around upper torso across nipples.
5. Under Bust - Measure around the rib cage, right under the breast.
6. Chest Width - Measure from one side of the rib cage starting at the side seam across the nipple line to the other side seam, in the front of the body and the back of the body
Tip; Use the side seam of a leotard or tight t-shirt. These two measurements added together should equal the bust measurement #4.
7. Bust Point to Bust Point - Measure the distance between nipples.
8. Shoulder to Bust Point - Measure from the middle of the shoulder vertically to the nipple. Typically in line with your basic leotard strap.
9. Bust Point to Waist - Measure from the nipple vertically down to the waist. With a fuller bust, make sure the measuring tape stays flush to the body.
10. Bust point to top of bodice - Measure the nipple up to your chosen finished length of top of bodice. (The average is 4 inches.)
11. Underarm to waist- Measure the side of the body starting 2 inches down from the armpit to the natural waist. Note; position your arms in Ala Seconde, start the beginning of the measuring tape 2 inches below the bend of the armpit ending at the natural waist.
12. Waist - Measure around the center of the torso at the mid point where the ribbon or elastic was tied.
13. High Hip - Measure around the upper part of the hip typically 1 inch below the front hipbone. Note; It helps to tie a piece of elastic around this point to take this and the next measurement. Make sure the measuring tape stays parallel to the ground the entire hip circumference.
Note: Having a Basque that is too long could create an illusion that your legs are shorter than they are. You must visually place the elastic at an aesthetically pleasing point and make sure it is in an appropriate place for partnering.
14. Basque Depth Measurement (for a tutu)- Measure vertically from the waist elastic to the high hip elastic. Measure vertically center front, side and center back. Don't be surprised if the back measurement is about 1/2-inch shorter than the front.
15. Low Hip - Measure around the largest part of the buttocks (feet together). Make sure the measuring tape stays parallel to the ground around the entire hip circumference.

16. Side Neck to Shoulder - Measure starting at the base of the side of the neck to the outside edge of the shoulder bone.

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Measurement Instructions Cont.

17. Armscye - This measurement determines the armhole circumference of your costume. This is the circumference of the shoulder joint where the arm meets the shoulder bone and 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 with the arm is down.

Note: Make sure that the tape stays close to the skin.

18. Shoulder to Elbow - Measure starting at the outside edge of shoulder bone where you left off at the previous measurement to the base of the elbow bone. (Elbow should be slightly bent)

19. Elbow to Wrist - Measure starting at the elbow bone to 1" below the bottom of the wrist bone. (Elbow should be slightly bent)

20. Bicep - Measure around the largest part of the bicep of your dominant arm.

21. Elbow - Measure the circumference around a slightly bent elbow.

22. Wrist - Measure the circumference around the wrist bone.

23. Shoulder to Shoulder - Measure across torso from the outside of one shoulder bone to the other, front and back.

24. Neck to Waist - Measure from the base of the neck (Front, hollow where collarbones meet. Back, most prominent bone at base of neck) straight down to center front and back to the center of the waist elastic.

25. Girth - Measure from the middle of the shoulder muscle taking the tape down the front of the body, between the legs and meeting at the same point at the shoulder in the back. **Note:** make sure the tape stays flush to the body at the small of the back.

26. Half Girth - Measure from the center front at the waist elastic then take the tape through the legs and finishing at the center back waist elastic.

27. Out-seam - Measure from the side at waist elastic to top of knee cap, then top of knee cap to the bottom of the ankle bone.

28. Inseam - Measure the crotch to top of kneecap, then top of kneecap to the bottom of the anklebone. **Note:** Have the performer place the tape at the highest point of the crotch. But, make sure that they keep the tape straight. If they curve the top of the tape just slightly, it could add 1/2" to the measurement.

29. Thigh - Measure the circumference of the fullest part of thigh.

30. Knee - Measure the circumference of the middle of the knee over the kneecap.

31. Calf - Measure the circumference of the fullest part of the calf.

32. Ankle - Measure the circumference of the fullest part of the ankle over the anklebone.

33. Leotard Leg line - Measure the circumference around the leg line. (Ballet cut styled leg line of a leotard)

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