

# Ladies' Measurement Chart

Name \_\_\_\_\_

## Circumference Measurements

1. Chest	
2. Waist	
3. Abdomen (3'' below waist)	
4. Hips	

### Important Notes:

1. Do not take measurements yourself, ask somebody to assist you.
2. Take measurements in dance position, but with arms down.
3. Where indicated as F: and B: take same measurement in front and back
4. For your convenience wrap a piece of elastic or string around waist.

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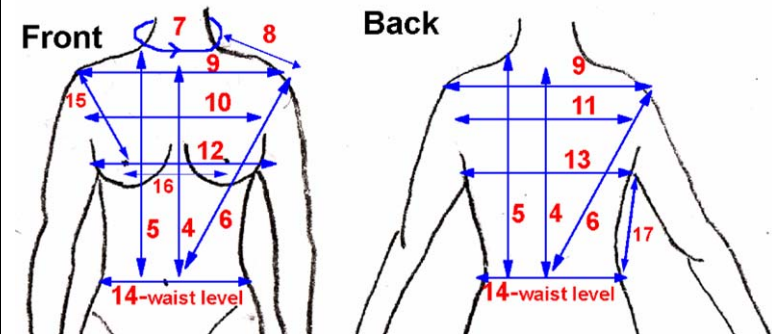
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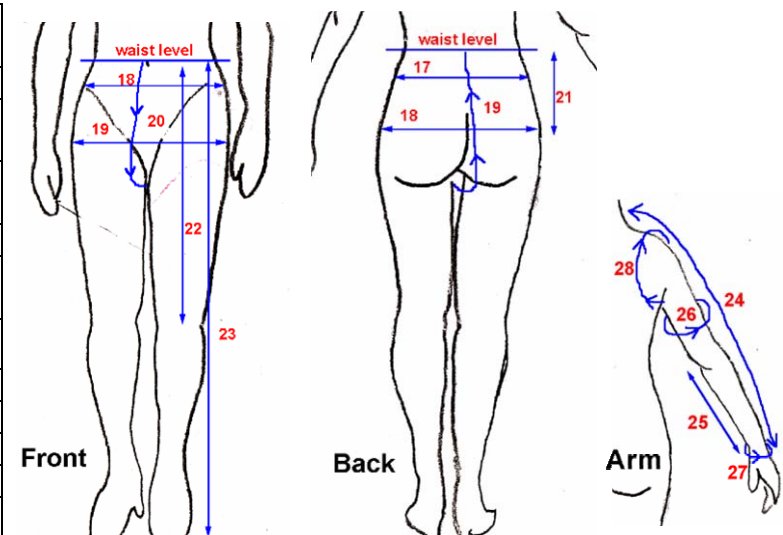
## Upper Torso

4. Center Length	F:	B:	Front: from base of the neck down to waist. Back: from nape down to waist.
5. Full Length	F:	B:	From shoulder at neck straight down to waist
6. Shoulder Slope	F:	B:	From shoulder tip diagonally down to the center of waist (usually belly button)
7. Neck			Measure around neck
8. Shoulder Length			Measure from shoulder tip to neck.
9. Across Shoulder	F:	B:	Measure between shoulder tips.
10. Across Chest			Measure between armholes in front.
11. Across Back			Measure between armholes on back.
12. Bust Arc			Measure from side to side (under armhole) over chest
13. Back Arc			Measure from side to side (under armhole) over back
14. Waist Arc	F:	B:	Measure from side to side at the waist level.
15. Bust Depth			Measure from shoulder tip to the nipple
16. Bust Span			Measure straight between nipples
17. Side Length			Measure from waist on side up to the beginning of armhole



## Lower Torso

18. Abdomen Arc	F:	B:	From side to side at the abdomen level. 3 inches below waist
19. Hip Arc	F:	B:	From side to side at the fullest part of the hips.
20. Crotch Length			Measure from center front waist, passing under crotch to center back waist.
21. Hip Depth			Measure from waist on side down to the fullest part of the hip.
22. Waist to Knee			Stand straight. Measure from waist down to the knee.
23. Waist to Floor			Put on dance shoes. Stand straight. Measure from waist down to the floor.



## Arm Measurements

24. Overarm Length		Measure from shoulder at neck to the wrist bone.
25. Elbow Length		Measure from the elbow to the wrist bone.
26. Biceps		Measure around the fullest part of the biceps.
27. Wrist		Measure around wrist 1 inch below wrist bone hand.
28. Armhole		Measure the smallest still comfortable armhole