

How to Take Measurements for your Custom Dress or Pattern

We realize that we ask for a lot of measurements. Proper fit is very important to us and we want to give you the best product possible, so we appreciate the effort you put into making these accurate. Please email us with any questions; we'd rather clarify than build you an ill-fitting dress or pattern! You are also welcome to send us photographs of measurements you are unsure of (it may be easiest to have a third person take the photo if the measurer has their hands full).

1. The dancer should wear thin, fitted, non-bulky clothing such as a camisole and leggings or athletic shorts. They should wear the same bra they wear to perform (very important), as well as any of their usual performance-wear IF it affects their shape, such as compression tights or a body suit.
2. Never attempt to take your own measurements. Always have a second person measuring.
3. The dancer should stand up straight with arms at sides. Ears, shoulders, and hips should form a straight, vertical line when viewed from the side. Watch out for over-extended posture such as an anterior pelvic tilt or shoulders shoved excessively far back.
4. Tie a ribbon, string, or shoelace around the natural waist, as you will be measuring to and from it many times. The natural waist is between the top of the hips and the bottom of the ribs (feel for a "squishy spot" at their side, about 1 inch above the belly button). It may not be the smallest part of their torso and this is okay. Tie the ribbon snug enough so that it will not move, or secure it to the shirt with a couple small pieces of tape. **Make sure the ribbon is parallel to the floor.**
5. Keep in mind that many measurements share start or end points. It's recommended that you mark common measurement points (ex: shoulder point, side base of neck) with painter's tape to know that's you're always measuring from the same spot. See diagram below for these two points.
6. Please take all measurements in inches. Be as precise as possible, down to the 1/4 inch.
7. Please include a photo of dancer, front, back, and side view. This helps to clear up most questions we may have about the measurements you send.

Refer to the video & following diagrams when taking measurements:

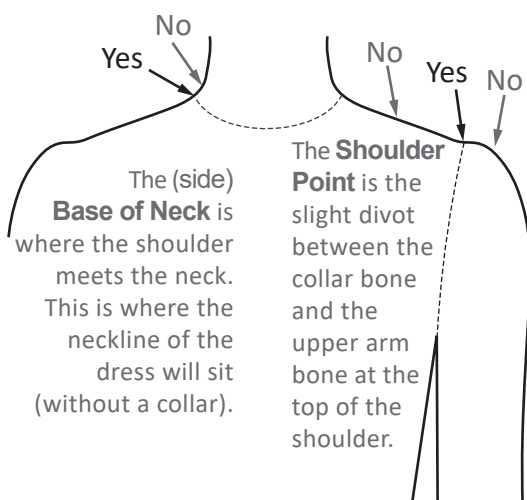


Diagram: Shoulder Points to mark with tape

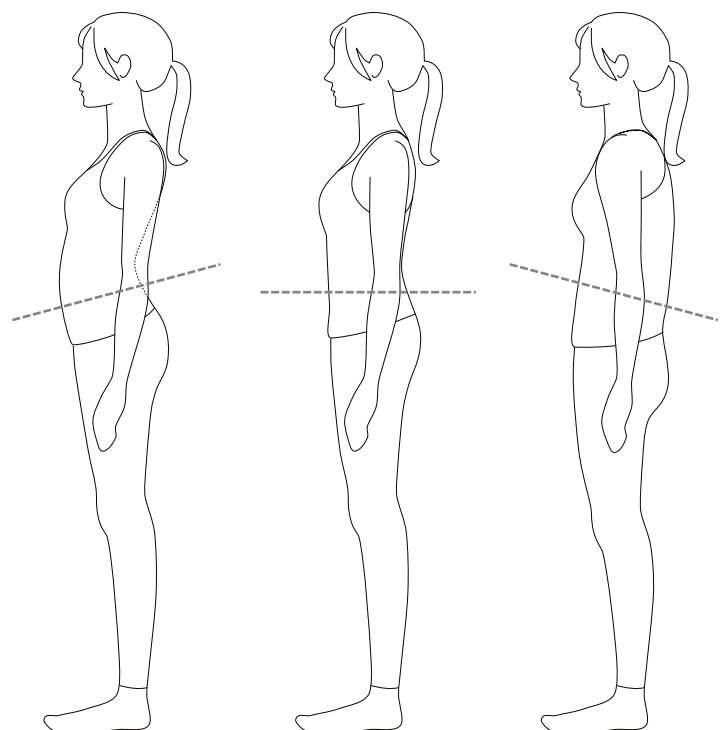


Diagram: Anterior tilt, proper posture, posterior tilt

CIRCUMFERENCE

A. High Chest - Wrap the tape measure around your chest; under your arms but above the main part of the breast. Pull the tape measure quite tight (think of this as a ribcage measurement). The tape measure may not be parallel with the floor. Youth dancers that haven't started puberty can skip this one.

B. Full Bust - Circumference around the fullest part of the chest. Don't pull the tape measure too tight, or you will end up underestimating the measurement.

C. Natural Waist - Circumference, above hips but below ribs. Parallel to the floor. This is where your ribbon should be.

D. Higher waist (optional) - If the natural waist is not the smallest circumference of the torso, you can add that measurement too (and let us know how many inches above the natural waist this is). *Example: "28.25 inches @ 1.5 inches above."*

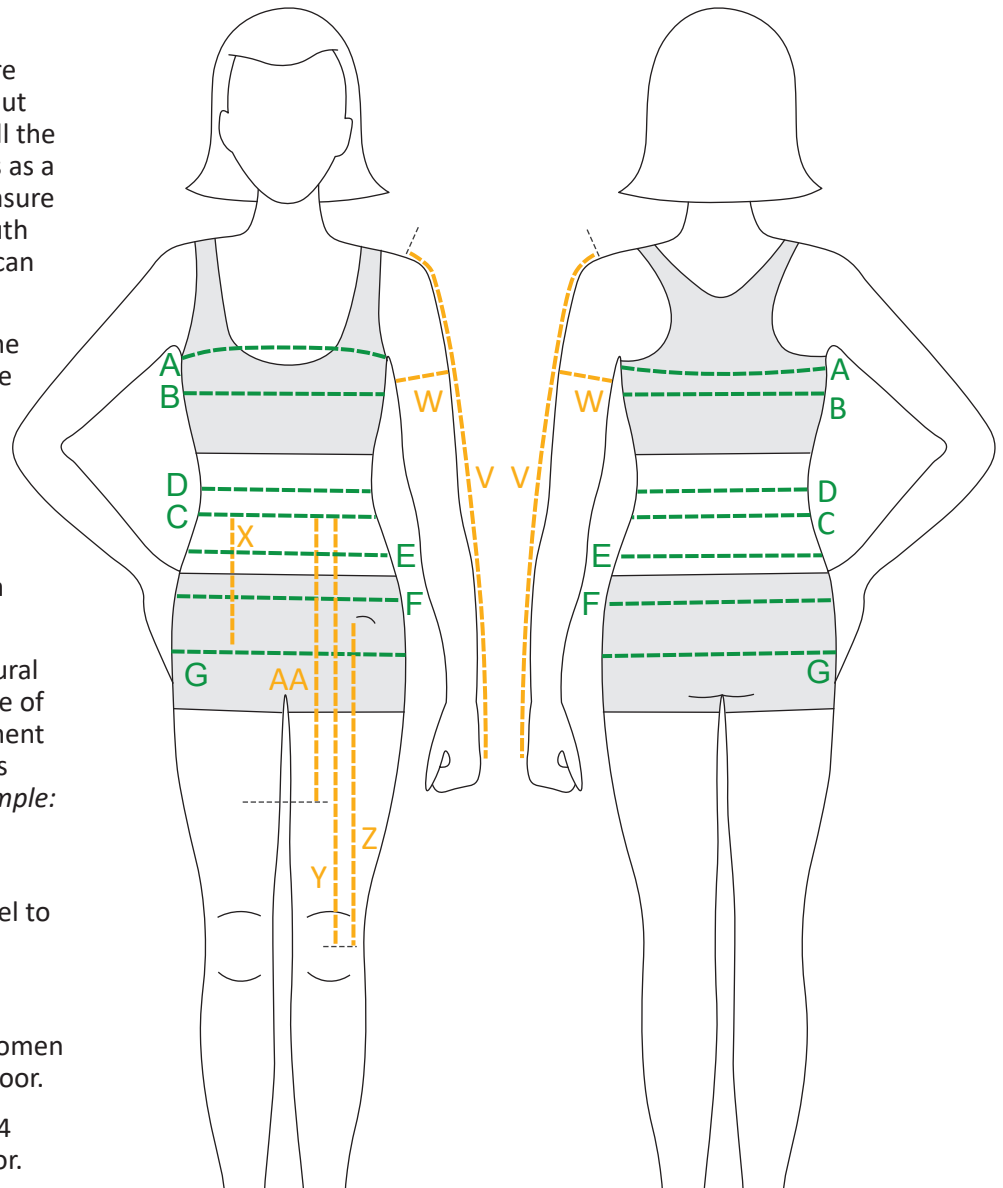
E. High Abdomen - Circumference of abdomen 2 inches below waist. Parallel to the floor.

F. Low Abdomen -

Teens & adults: Circumference of abdomen 5 inches below waist. Parallel to the floor.

Children: Circumference of abdomen 4 inches below waist. Parallel to the floor.

G. Hips - Around fullest part of hips and butt, parallel to the floor. Note measurement X at the same time, which is this distance below waist.



SLEEVE & SKIRT

V. Sleeve length - Shoulder point to desired length. Recommended: 1 inch above knuckles when hand is curled in a fist as shown. Make sure to start at the marked Shoulder Point.

W. Bicep - Circumference of the upper arm below armpit, with arm down at side.

X. Waist to hip - Measure in front (see notes for meas. G).

Y. Waist to mid knee - Measure from the waist straight down to the mid-knee.

Z. Hip bone to mid knee - Find where the hip-bone sticks out in the front of the abdomen. The dancer can feel for this and point it out to you, as it is not usually visible unless the dancer is very thin. From here, measure straight down to mid-knee (the same spot on the knee you measured to in the previous for meas. Y).

ZZ. Desired dress length from waist - Measure from the front waist straight down to the desired length. If you are unsure, we are happy to advise. You can also check against a current solo dress.

BODICE ACROSS

H. Across front - Top of armpit crease to crease, in front

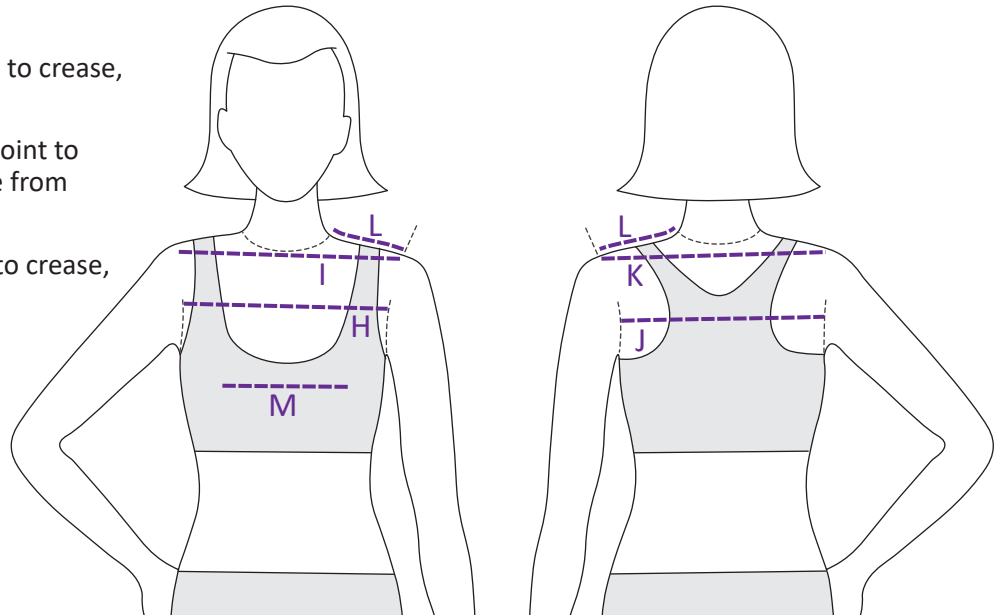
I. Across shoulders front - Shoulder point to point, straight across front. (Measure from marked points)

J. Across back - Top of armpit crease to crease, in back

K. Across shoulders back - Shoulder point to point, straight across back. (Measure from marked points)

L. Shoulder length - Distance between the two marked shoulder points; from the base of the neck to the edge of the shoulder.

M. Bust point to point - Distance between apex of each breast. This is used for placement of vertical darts.

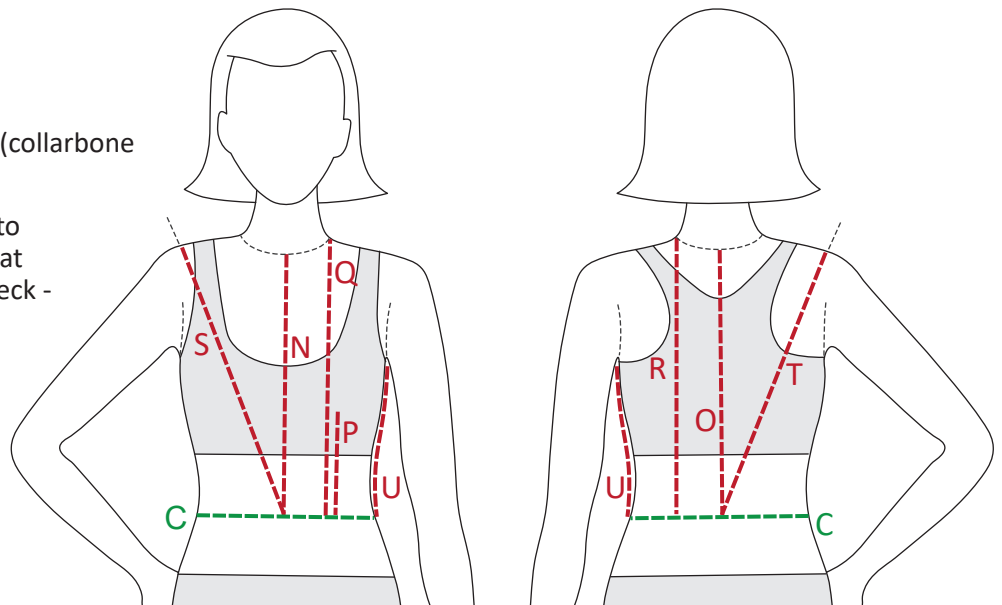


BODICE LENGTH

N. Center length front - Base of neck (collarbone divot) to waist.

O. Center length back - Base of neck to waist. Most folks have a vertebrae that sticks out slightly at the base of the neck - this is a good point to measure from. Otherwise, imagine where the neckline of a solo dress would hit (without a collar).

Measure P, Q, and R at once, starting at the front waist, going up over the shoulder, and down to the back waist.



P. Bust height - Distance from waist up to apex of bust.

Q. Full length front - Continuing over the apex of the bust, measure from the waist to the Base of Neck mark.

R. Full length front+back - Continue the tape measure vertically down the back to the waistline. Record the full measurement from front waist to back waist (this should be approximately twice as much as meas. Q).

Measure S & T at once, starting at the front waist, going up over the shoulder, and down to the back waist.

S. Shoulder slope front - Measure up from the center-front waist diagonally to the Shoulder Point.

T. Shoulder slope front+back - Continue the tape measure diagonally down to the center-back waist (this should be approximately twice as much as meas. S).

U. Side length - From 1/2 inch below armpit to waist at side. Arm should not be raised (or only slightly raised as needed to get the tape measure into the armpit).

Dancer Name:	
Date:	

Dancer's height	
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CIRCUMFERENCE

A. High Chest	
B. Full Bust	
C. Natural Waist	
D. Higher waist (optional)	
E. High Abdomen	
F. Low Abdomen	
G. Hips	

BODICE ACROSS

H. Across front	
I. Across shoulders front	
J. Across back	
K. Across shoulders back	
L. Shoulder length	
M. Bust point to point	

BODICE LENGTH

N. Center length front	
O. Center length back	
P. Bust height	
Q. Full length front	
R. Full length front+back	
S. Shoulder slope front	
T. Shoulder slope front+back	
U. Side length	

SLEEVE & SKIRT

V. Sleeve length	
W. Bicep	
X. Waist to hip	
Y. Waist to mid knee	
Z. Hip bone to mid knee	
AA. Desired dress length from waist	

For Dress clients only (pattern clients can ignore)

V2. Top of shoulder to wrist	
W2. Elbow circumference	
W3. Wrist circumference	
W4. Hand circumference (around largest part of hand, with fingers and thumb scrunched together).	