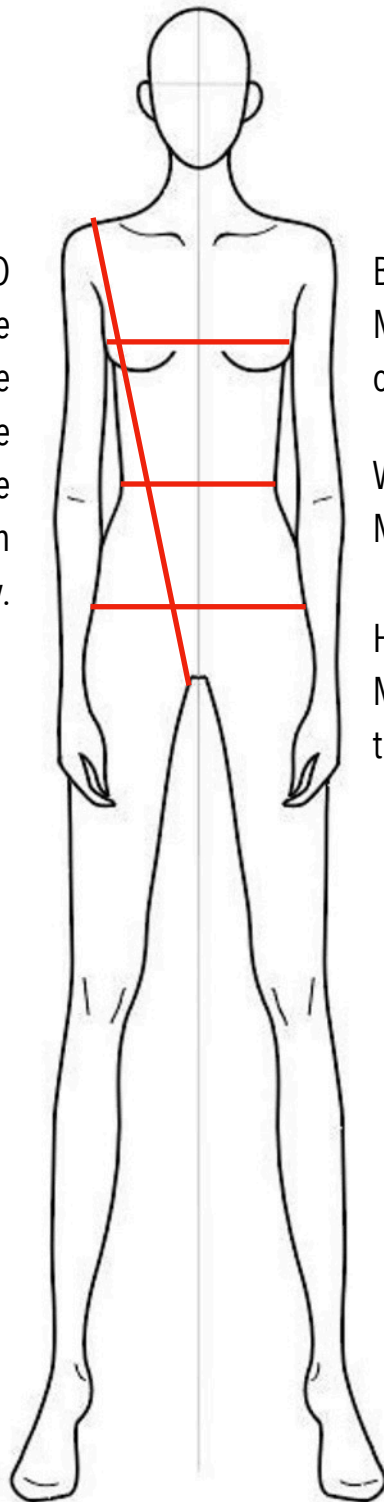


# Ready for Stage

Please measure over underwear or a leotard, no baggy clothes. Get your dancer to stand straight with relaxed arms and head facing forward. The tape should be snug against the body but not cutting in. If you don't have a dressmakers tape measure, use a piece of NON-STRETCH ribbon or string, wrap around the appropriate areas then measure the ribbon/string with a ruler.

**TORSO**  
Place the tape measure at the top of the shoulder run it down the front of the body, through the crotch and up the back of the body and back to the starting point. You literally make a firm circle around the body.



**BUST**  
Measure at the fullest part of the chest, over bra if your dancer wears one.

**WAIST**  
Measure at the smallest part of the waist.

**HIP**  
Measure at the fullest part of the hip and bottom.