



For measurements questions please contact Beth Odlum at:  
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Name: \_\_\_\_\_

Measurement Unit:

inches

cm

Height of dancer: \_\_\_\_\_

To measure tie a piece of narrow ribbon or elastic around your waist and high hip.

**A - Waist:**

\_\_\_\_\_

(measure at ribbon which will fall to your natural waist indentation if you twist or walk around)

**B - High hip:**

\_\_\_\_\_

(approximately 1" below hip bone, make sure measuring tape stays parallel to the ground the entire circumference)

**C - Low hip:**

\_\_\_\_\_

(around fullest part of buttocks with legs together in parallel, make sure measuring tape stays parallel to ground the entire circumference)

**D - Half girth:**

\_\_\_\_\_

(measure from the bottom of the waist ribbon at the center back through the legs to the bottom of the ribbon at the center front of the waist)

**E - Top of thigh:**

\_\_\_\_\_

(around top of thigh at panty line)

**F - Basque depth:**

\_\_\_\_\_

(distance between the waist and high hip)

