

Performance Hair

Consult your teachers for exact hair style required. Depending on your age and class, you may be asked for a "*Classical Bun*" or a "*Side Part Bun*". Either of these styles may also require a curly pony-tail hairpiece if you are in tap or jazz. Practice the style several times before your first performance and get help if you are having trouble! Hair gel and hairspray should be used for all performances so that hair is neat, tidy and professional. If you have short or multi-layered hair, please ask your teacher how to style your hair.

Supplies:

- a hairbrush and/or comb
- mirror
- hair elastics that will securely hold your hair
- a water spray bottle, hairspray, and gel
- small and/or large bobby pins and *hairpins*
- an invisible hairnet that matches the colour of your hair
- Note: no shiny barrettes, hairclips or bun covers can be used for performances

The "Classical Bun"

The classical bun is the standard hair style for the ballet dancer. Although a bun may be low, centred, or high, a true classical bun should be centred on the back of the head. If you draw a diagonal line along your cheekbones and just above your ears, you should find the right place. Try to keep your bun flat to your head, and be sure it is carefully secured (you never want your hair to 'fall out' during a class, rehearsal, or performance).

1. Spray hair with water to make it easier to handle
2. Put your hair in a secure ponytail. All bangs should be pulled back as part of the ponytail
3. There are a couple of different ways to make the bun itself: A *Twisty Bun* or a *Poofy Bun*. See "*The Side Part Bun*" for these two options and pick the bun option that works best for your hair type.

The "Side Part Bun"

This style is mostly used for older dancers. You must practice this style a few times to ensure you can do it right on performance day.

1. Spray hair with a little water to make it easier to handle

2. Part the front of the hair over the LEFT eye, making the part about 3 finger-widths deep. (If you have bangs or a high forehead you may need to adjust this measurement).
3. Part the hair again, leaving sections of hair in the front hanging down, then pull the back section of the hair up into a ponytail at the centre of the head.
4. Wrap both the front sections of the hair back around the side of the head and secure below the ponytail with bobby pins.
5. Hide the ends of these sections by pinning into the ponytail.

From this point, you can choose one of the following ways to complete the bun:

Twisty Bun:

- A 'twisty' bun is a great way to create a tight flat bun that sits close to the head. It is also very useful for very long and very thick hair.
- Twist the hair in the ponytail until it is tight (for longer and thicker hair, divide the hair into 2 or more sections)
- Wrap the hair around the pony tail and around the outside of the twist, anchor it with pins as you go. (With multiple sections, wrap each section on the outside of the one before it)
- When finished, the bun will have the look of a cinnamon bun or a spiral.
- Use lots of pins to really anchor the bun in place.
- Open the hair net and place it over the bun, it will be larger than the bun, but that is okay.
- Twist the hairnet and wrap it over the bun a second time and a third or fourth time if necessary. Or after twisting the hairnet, tuck the extra length of hairnet around the outside of the bun.
- Add more pins to secure the bun further
- Spray the hair and bun with hairspray to help keep the hair tidy and back

Poofy Bun

- To create a 'poofy' bun, divide the ponytail hair in half.
- Take the top half and roll the hair towards the front of the head as if putting the hair in a hair curler
- Once the hair is curled to the head, secure the roll with pins
- Repeat the same 'hair curler' action with the bottom half of the ponytail, this time curling towards the bottom of the head, secure the roll with pins

- mold the ends of the curls so that they meet at the sides and make a perfect circle, and secure with pins
- Put a hairnet over the bun (follow the above directions), secure with more pins
- Hairspray hair and bun

Curly Pony Hair Pieces

- make sure hair is evenly distributed around the hairpiece elastic and brush out tangles gently with fingers
- place around the bun
- arrange the curls to drape over the bun so it is not visible. It should look like a full ponytail when you are finished