

Hair – Introduction

Hair for classes and performances should always be neat and tidy – ponytails with all hair off the neck and face are standard for jazz, lyrical, and modern.

Female dancers of all levels are expected to have their hair in a classical bun for each and every class. Although hair products are not necessary every day, gel and hairspray **must** be used for all performances so that hair is neat, tidy and professional.

Hairpins, clips, barrettes (if required), elastics and hair nets (a **must** for classical buns) should all match hair color (felt markers do wonders!).

No shiny or coloured hair accessories of any kind should be used.

Carefully consult your teachers for the **exact** style required for performances. Practice the style or get help! Never go for the “I just rolled out of bed” look.

In this section, we give you step by step directions on how to make classical buns and French rolls.

[Classical Buns](#) | [French Roll](#)

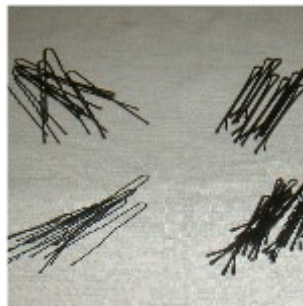
The Classical Bun

[Introduction](#) | [Step 1](#) | [Step 2](#) | [Step 3 'Twisty'](#) | [Step 3 'Poofy'](#)

[Allison's Pics](#) (15 years) - [Katherine's Pics](#) (4 years) - [Carmen's Pics](#) (15 years)

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). Keep to the following directions and you will have classical bun success!

- Step 1
 - Be sure to have all of the supplies that you need. These will include some or all of the following depending on the length and type of hair that you have.
 - 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/or hairpins
 - an invisible hairnet that matches the colour of your hair



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- Step 2
 - Put your hair in a ponytail
 - For a classical bun, brush the hair straight back - as shown in the attached photos, there is certainly some variation for the look at the front hairline - including a bit of body or 'poof' and a part. The part is typically used with a low bun and is often referred to as a 'Spanish-style' bun.
 - It is important to ensure that your hair be in a slick and secure

ponytail. You may want to spray your hair with water or add gel at this point in the process to ensure a clean and tidy look

- All bangs should be pulled back as part of the ponytail

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- Step 3 'Twisty Bun'
 - To create your bun, there are a number of options. In our examples, we have done a 'twisty' bun and a 'poofy' 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

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- Step 3 'Poofy Bun'
 - To create your bun, there are a number of options. In our examples, we have done a 'twisty' bun and a '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

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Katherine

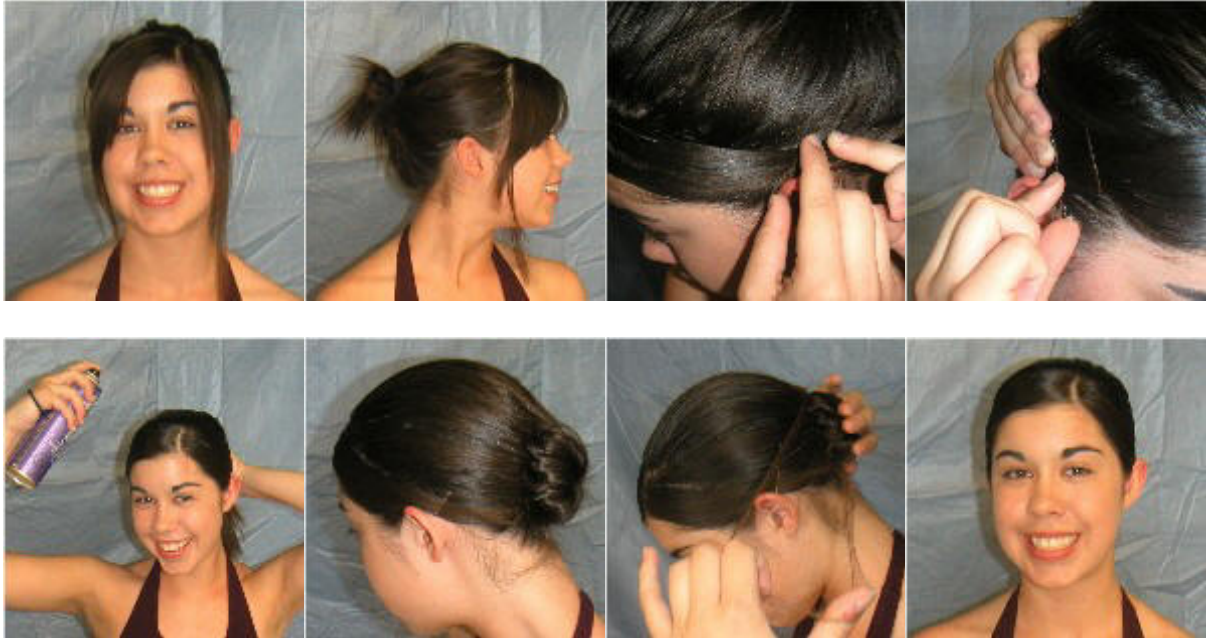
Katherine's hair is done in a 'twisty' bun with a classical hairline.



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Allison

Allison creates a low Spanish style bun with a part over her left eye.



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Carmen

Carmen creates a 'poofy bun' with a variation of the hair on the front of the head.



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French Roll

[Sierra's Pics](#) (14 years)

An example of a beautiful hair 'up-do' is a French roll. The following directions should guide you in creating this look.

Step 1 - Decide on look at front of hairline. This can be slick or 'poofed'.

Step 2 - Gather hair together at the bottom of the head

Step 3 - Twist hair to the left

Step 4 - Fold hair up to the right; tuck the 'twisted' part of the hair under the hair on the left of the head creating a rolled look

Step 5 - Securely pin hair in place, be especially careful of the top of the roll and ensure it is smooth and without bumps

Step 6 - Use hairspray to add additional security

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Sierra

Sierra's French roll has a 'poof' at the front hairline.



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