

Tutorials

How To Make A Hair Bun For Dancers | Addicted 2 Dance

<https://www.youtube.com/watch?v=l2nSLBnKyM8>

BUNS

The two most common buns we see in dance are sock buns and classical buns.

A sock bun, as one parent described it, is the one that looks like a donut on a dancer's head. It often uses a sponge donut or sock under the bun to give it the big, round, donut look.

A classical bun is smaller, flatter, and typically placed in the middle/back part of the head. A traditional ballet bun is the classical, flat, small bun.

Sock Bun



Classical Bun



http://www.maplesdance.com/_blog/Blog/post/dance-hair-styles-decoded/



Chignon

The chignon, or low bun, which is positioned at the nape of your neck, is the hairstyle of many a Giselle; it is also a great option if your hair is shorter than shoulder length.

Make a low ponytail then form the chignon as described for the high bun.

Dancers with very short hair may use a hairpiece bun for a particular role or performance; otherwise, securing hair away from your face with pins or inconspicuous barrettes should do the trick for class.



High Ballet Bun

1. Gather hair up from your jawline to the top part of the back of your head. Use an elastic band to make a tight ponytail.
2. Twist the ponytail itself and then coil it around the elastic band making at least one complete circle; tuck the end of the ponytail under the bun and hold everything in place with your hand.
3. Use large hair pins around the bun to secure it to the rest of your hair. Use only as many as you need; three or four are usually enough. Flying hairpins are dangerous in class or on stage, so be sure your bun is fastened firmly and pins pose no threat to fellow dancers. Dancers have actually been fined for dropping hairpins in performance.
4. Place the hair net around the bun, wrapping it as many times as necessary to secure it completely. If the bun sticks up too high, flatten it with your hand and pin it down again so that the bun top is closer to your head and forms a smoother line. Use bobby pins to tidy any wisps.

<https://dancer.com/ballet-info/in-the-studio/hairstyle-how-to/>

PNYTAILS

Ponytails may sound simple, but can get tricky when it comes to determining the height of the ponytail. A low ponytail should sit at the back of the head, where the head meets the neck. A middle height ponytail should sit at the middle/back part of the head. For a high ponytail, the ponytail should sit at the highest part of the back of the head, without moving right on top of the head.

Low Ponytail



Middle Ponytail



High Ponytail



Slicking Back The Hair

It's important for the hair, whether it be a bun or ponytail, to be pulled back securely, and free of fly-a-ways. To get this slicked-back look, a little bit of water and hair gel will typically do the trick. Before pulling the hair back in to the ponytail, spray the roots with some water to dampen it, then work in some gel. As you brush through and secure the ponytail, this will help set it in a sleek and smooth look.

If you have some fly-away hairs, spray them with hairspray and use a toothbrush to brush them down (this is a great tip one of our dancers shared with us and it works very well). For the stubborn fly-away hairs at the back of the neck, use bobby pins and hairspray to secure them in place.

Finally, top off your look with a finishing coat of hairspray. Don't worry if the hair feels hard or sticky. No one has to touch a dancer's hair on stage, but it does need to be held securely in place with good elastics, bobby pins and hair products. The tighter, slicker, and more solid the hair-style feels, the better!

http://www.maplesdance.com/_blog/Blog/post/dance-hair-styles-decoded/

The Shake Test

To ensure a hair style is secure for a dance performance, ask your dancer to shake her head around for about 15 seconds – moving up, down, forwards, backwards, and side to side. If it feels loose to them, tighten it with additional elastics and hair pins. No one wants a dancer's bun to fall apart on stage in the middle of a dance!

Final Thoughts

Use elastics, bobby pins, and hairnets that match your dancer's hair color. Fluorescent hair elastics and bobby pins can distract the audience from the dance. In a group dance, dancers should look uniform. This includes their hair.

Remember to use a hair net to secure your bun. Hairnets really can save a bun by helping to hold the bun in place and flatten it out.

If your dancer has a hair-piece for a dance, don't forget to put that in her hair too. The general rule for hair-pieces is if one person doesn't have theirs for a picture or performance, no one in the group wears one!

Practice your hairstyles. Nothing can be more frustrating than hair trouble on picture day or performance day. Practicing buns and ponytails a few days before will help make performance day hair-prep run smoothly and stress-free.

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