*Hair Dressing*

*Depending on your hair type it may be best not to wash it on the day. All fringes need to be back flat for grade exams & any ballet. (Tidy fringes are okay for class).*

***See the 'How To' video on the A1 Dance YouTube Channel***

[*https://www.youtube.com/watch?v=YCrVJOiqbaQ*](https://www.youtube.com/watch?v=YCrVJOiqbaQ)

***Bun***

You will need: - For Class

*Strong hair elastic (toweling ones are not strong enough)*

*Plenty of strong Hair pins. Hair or Bun net*

*(‘Bits for Buns’, elastic & nets available from A1 Dance).*

*For exams or performances you’ll need firm hold gel & hair spray especially if you have a fringe or wispy/ thick hair. With a fringe you may need hair grips as well.*

*Usual height is for the top of the bun to come just below the level of the top of the head, see Fig.E., as flat to the head as possible.*

# Gather all hair into as neat a pony tail as possible with no lumps or wispy bits, using gel or spray as you go along will help with this.

# Starting at the top of the hair near to the head, twist the hair into a ‘sausage’.

1. As the hair starts to twist back round on itself secure to the head with hair pins, **DO NOT** use hair grips, they slip out & make a messy bun. Stick the hair pin into the hair & push away from the centre of the pony tail for a little way. Fig. A.

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**Fig. A. Fig. B.**

# Then turn pin so it pushes underneath the bun, gripping onto the hair that's already secured against the head Fig. B. Repeat at intervals as you continue to twist & pin remainder, until hair feels secure. Fig C.

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 **Fig. C.**

5. Add a hair net & secure with a few more pins. Fig. D.

 **Fig. D.**

Sometimes we add a ribbon which can be tied around the bun. Tie a single knot, secure with a hair pin then tie another single knot or bow depending on requirements. Fig. E.

 **Fig. E.**

***Pony Tail***

Different heights! Head level looking forward these are what we require when asking for:

**High Pony** - Near the top of the head. Needs to be just high enough that

the dancer can lie down flat without it restricting their head & neck.

You can check this by standing flat against a wall.

**This is our standard most used pony tail.**

Variations depending on dance type & costume.

Low Pony - at the nape Mid Pony - about level Very High 60s Pony - comes

 with the top of the ears out of the top of the dancers head

**Ribbons** - Generally we like any ribbons or sashes tied in bows to have small loops & long tails. When tying a ribbon, tie a single knot, secure through into the head hair underneath the hair elastic with a hair grip then tie another single knot or bow depending on requirements. When tying a sash, check the dancer can raise their arms up straight above their head.

N.B. These instructions have been used safely many times. A1 Dance cannot be held responsible for any loss or damage incurred while following these instructions.