



A GUIDE TO RECITAL HAIRSTYLES

All upper level dancers **must** wear their hair in a bun for the recital. A uniform hairstyle will eliminate any worry of their hair falling out onstage, as well as the trouble and rush of changing hairstyles backstage. Do it once, do it right, sit back, and relax! Dancers wear their hair in buns for many reasons, all of which are relevant for our performance.

- It creates a uniform image for all of the performers.
- It eliminates any worry or distraction for the dancer.
- It creates a sleek line that allows the audience to focus on the dancer instead of their hair.

With that being said, putting hair into a bun can be a daunting task if you have never done so before. There are many different ways to achieve it. I have no real preference, as long as their hair *stays put*! Different hair textures and lengths lead us all to find our particular way of pinning. I will caution that while “sock buns” create a perfect donut, they are often accompanied by a weight and bulk that do not aid the dancer onstage. Students with shorter hair or many layers may find it hard to fit their hair into a ponytail. In this case, false ponytails can be purchased and tied into the ponytail. Below are a few helpful Youtube tutorials that I have researched for you.

Classical Bun: <http://www.youtube.com/watch?v=urVPCuuEYj8>

Classical Bun: <http://www.youtube.com/watch?v=j8yoEJ3Tbf8>

Low Bun: <http://www.youtube.com/watch?v=ROJy8oSbZNk>

All Dancers MUST:

- Use bobby pins and hair-ties that match their hair color.
- Use a hair net to secure the bun.
- Use gel and/or hairspray to eliminate fly-aways and wisps.
- Secure their bangs off of their face. *No bangs* will be permitted onstage.

Styling Options:

- Your bun may be placed high or at the nape of the neck.
- You may use a side part (left or right) or slick the hair straight back.
- If the hair fits into a ponytail but does not have enough bulk to create anything more than a small tuft, you can use a false ponytail hairpiece to add a bit of length. Cheap, low-quality hairpieces work just fine from the distance of the stage!
- Braids, twists, poufs, or anything of the like can be used to secure bangs.

If you are unsure about how to do your hair or what way is best, remember that PRACTICE makes perfect! Do not wait until competition to try your hand at a new hairstyle. If it lasts through a dance class (or three!), it will easily last through the recital! As is often said: dress for the job you want!