

# PRAIRIE SCHOOL OF DANCE

*Quality instruction in a wholesome environment*

## HOW TO PUT YOUR HAIR IN A BUN

### SIMPLE BUN

1. Part the dancer's hair on the right side and then pull the hair into a pony tail just below the crown of the dancer's head.
2. Twist hair around and bobby pin into hair elastic.
3. Fasten a hair net over the bun with bobby pins.

### TIPS:

1. Wet hair first to secure in pony tail
2. When bun is finished, spray all of hair with hair spray.
3. You may also apply gel to 'fly aways' or 'wispiess'

### FOR THICK AND LONG HAIR

1. Part the dancer's hair on the right side and then pull the hair into a pony tail just below the crown of the dancer's head.
2. Depending on how thick the dancer's hair is, braid the pony tail into three (or more) separate braids.
3. Fasten the braid with a binder at the end of the braid. If the dancer's hair is layered and hair is sticking out of the braid that is ok.
4. Next take one of the braids and loop it under the other braids. Keep winding that braid around until it ends.
5. Fasten the braid with two large bobby pins.
6. Do the same with the two other braids, taking care not to make one side of the bun larger than the other.
7. Finally fasten a hairnet over the bun with bobby pins.