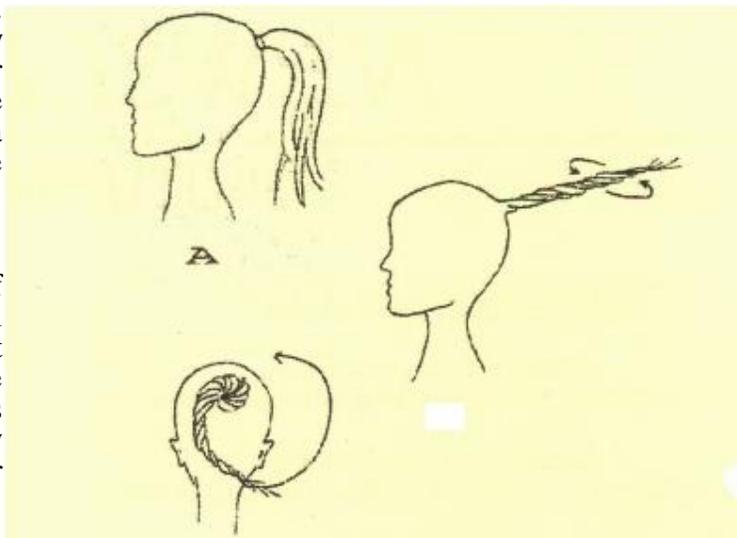


Louise Sheaves School of Dance

Principal: Philippa O'Donovan LLB (Hons), RAD RTS, L.I.S.T.D.

The Ballet Bun

Please follow these four steps to create a ballet bun. It creates a clean, elegant line for the dancer as well as looking neat and tidy. We ask that all students make a concerted effort to come to class wearing a bun or headband for shorter hair. You will need: a brush and comb, sturdy hair pins, a hairnet that matches your hair colour, and strong hair elastics. It can be helpful to moisten/tame your hair with a spray water bottle, hair spray or gel before you start.



1. Brush hair smooth and free of tangles. Smooth hair into a ponytail at the crown of the head (the top part of the back of your head). The placement of the ponytail determines the placement of the bun. Tightly secure the ponytail using a hair elastic (diagram A).
2. Twist the hair tightly into a rope shape (diagram B) then coil the hair around the elastic band in the same direction the rope is twisted to create a bun. Tuck the end of the ponytail under the bun (diagram C). Alternatively you may find it easier to plait the ponytail before coiling it into a bun.
3. Hold the bun in shape. Use hairpins to secure the coil to the rest of the hair. Use only as many pins as you need. Cover the bun with a hairnet so that the elastic of the hairnet pulls underneath the edges of the bun. Wrap the net around as many times as necessary to secure it completely.
4. A flat bun is preferable so use your hand to flatten it before using hairpins all around the coil to secure the net and hair in place. Slide hairpin through the outer part of the coil, then into the base of the bun.

Short Hair

Please secure with a headband and/or tie it up, (top half up in a half ponytail, pigtails, etc) using hair pins to secure any dangling strands of hair as hair hanging in the face is a distraction to the dancer.