

## Creative Movement thru Senior High Hair

**Please DO NOT braid any hair, DO NOT use bun forms, and DO NOT use pony binders to secure bun into place.**

- After brushing your hair, use a fine tooth comb to make the center part.
- Find the center of the forehead and use the comb to make a 2" part.
- Once you have the part you will then smooth the hair back with the comb to a pony.
- The pony should be low (see picture)
- Make sure to spray your hair with hair spray.
- Then you will form the bun. You will twist the hair and wrap it around.
- Secure the bun with hair pins and bobby pins
- After you secured the bun with hair pins you will use a hair net to make sure there are no flyaways
- Once hair is complete, then go through hair with hold spray/hairspray to create a sleek, professional look that won't fall out when dancing. Do not use excessive bobby pins to hold hair back if hair spray is used and it is combed back; bobby pins should not be needed.
- All bangs must be pulled back and secured.