

health&fitness

ShakethatBooty

The growing art of exotic dance. By Emma Goh



So You Think You Can Dance?

Not getting enough action? Want to impress your latest date? Here's a quick step-by-step guide to a pole dance sequence—the "spinner"—to free your inner sex bomb.

STEP 1: GRAB POLE AT A SPOT ABOVE YOUR HEAD WITH YOUR RIGHT HAND. TAKE FOUR STEPS AROUND THE POLE, STARTING WITH THE INNER FOOT.

STEP 2: ON THE FIFTH STEP (THAT SHOULD BE ON THE INNER FOOT), LIFT YOUR LEFT LEG UP PARALLEL TO THE GROUND AND POINT.

STEP 3: SPRING UP AND BRING YOUR LEFT ARM IN AND GRAB THE POLE WITH YOUR LEFT HAND WHILE HOOKING YOUR LEFT

ANKLE AROUND THE POLE SIMULTANEOUSLY. QUICKLY KICK YOUR RIGHT LEG UP, PARALLEL TO THE GROUND, BENT AWAY FROM THE POLE.

STEP 4: YOU WILL START TWISTING DOWN THE POLE. BE GRACEFUL!

STEP 5: LAND SOFTLY AND REMEMBER TO GIVE YOUR MOST SEXY POUT AND FIND THOSE BEDROOM EYES.

