

# Get Your Sexy On

a PoleSkivvies Guide to the  
Secrets of Sexy Dancing



Includes Special BONUS Section:  
How to Strip Using Just What's in Your Closet

## Introduction

Lots of women worry about how to be sexy when giving a dance. What should they do with their hands? What if they just look sleazy? Which moves look hot? Which look ridiculous?

Well, my feeling on this is that all those questions take something really simple and really easy and make it seem much more complicated than it needs to be.

After all, what we're talking about here is being sexy. And you already know how to be sexy. You already know how to flirt. You already know everything you need to know to make your dancing sizzle.

All you need is to learn the secrets of sexy dancing so you can start bringing your innate sex appeal into your dance.

That's what *Get Your Sexy On* is all about – a quick guide to help you bring the sexiness you already have into your dancing.

Oh, and if you're wondering, although this guide focuses on a woman wanting to spice up her life with a private show for her man, every secret I share with you will transfer beautifully to stage.

So, you saucy little minx, are you ready to get started?

Thought so.

Enjoy!  
Jennifer

## Getting Your Groove On: The Basics

Before we get into the secrets to sexify your dancing, we need to make sure we're on the same page about just what sexy dancing is, and how you do it.

**First of all, sexy dancing does NOT need any kind of dance training.**

Any woman who wants to give a sexy dance, can do it.

And, yes, that absolutely includes you! With a few tricks, you can dance so sexily your guy will think he's the luckiest man on this earth.

The trick to sexy dancing is to realize that you're not doing a dance with a specific routine. All you're doing is giving your special guy a chance to give in to his desire to look at you.

### TRUE GUY FACT

Guys like to look at women. In fact, they wish they could just gaze openly at your beautiful body for as long as they liked, without having to worry about it. When you dance for them, you let them indulge this secret desire.

So, to get you started ...

**Here are three classic, sexy moves that are all you need to heat up your dancing.** Learn these moves and apply the secrets that follow, and you will be all set!

#### 1. The Strut

Deceptively simple, The Strut is how the most glamorous of all Hollywood starlets walk. Think Marilyn Monroe. Think Rita Hayworth. Each step of The Strut oozes sexuality and flames desire.

To do it, start walking slowly - *very* slowly. You're not trying to get anywhere. As you walk, let your weight shift with each step, feeling your hips move from side to side as you walk.

Take a peek at Marilyn Monroe in this video of her first screen appearance. Pay special attention to the last eight seconds!

<http://www.youtube.com/watch?v=9P9S-N3IV1o>

Mimic her wiggle and you'll have a sexy walk that you can unleash any time, anywhere.

## **2. The Pose**

There's no better way to show off your legs than with The Pose. A timeless and sensual move, it also allows you to shift your weight in the most delicious manner.

Here's how you do it: stand with your weight predominantly in one leg (right or left, doesn't matter which you choose). Point the toe of your other leg and touch it to the floor, extending it out to show it off. Be sure to bend the knee of the leg you're standing on and kick out your hip.

But, since The Pose is a lot easier to do than to describe, take a look at the incomparable burlesque dancer, Michelle L'Amour doing it at 0:34 in this video: <http://www.youtube.com/watch?v=wn3-O17f4tg>

Use The Pose in combination with The Strut to form a lovely sequence that works with most any music. Better still, use The Pose when you're sliding off a sexy set of gloves or unbuttoning your blouse.

## **3. The Bend**

If you want to show off your ass – and, trust me, you do – The Bend is what you're looking for.

Start in a normal standing position with your back to your lucky guy. Place your weight predominantly on one leg (whichever you choose), then bend over while emphasizing your rear end for him to see.

The Bend can be done in a variety of ways – once you've master the one described above, you can also try it while starting with your legs apart and your weight evenly distributed. You can go part way over or you can go all the way to the floor – just be sure to emphasize what you want your man to be looking at.

In fact, The Bend is so versatile that it even works for showing off your cleavage – just face your man when you do it. Peekaboo Pointe, in this wild and feline striptease, does two variations of The Bend, one at 0:38 (facing the audience, emphasizing one leg) and one at 0:57 (facing away from the audience): <http://www.youtube.com/watch?v=sKsv2Yvd2dI>

The Bend is a classic way to attract attention - all you have to do is bend over and emphasize the goods!

## **BONUS MOVE: Pretend, Pretend, Pretend.**

That you're having sex, that is.

Nothing says sexy like a little faux humping, so let yourself show off all your favorite positions. Do seductive pelvic tilts. Grind your hips. Go all out by getting on the floor in a crawl position and pushing your hips back rhythmically.

Be as brazen or as teasing as you like. For a flirtatious look, keep your knees together; to be more daring, spread them apart.

No one does The Pretend like Angie Pontani. Watch her video to see the different ways she does this move:

<http://www.youtube.com/watch?v=sRphqbKFLnY&feature=related>

## **The Secrets that Follow ...**

Now you're ready to learn the secrets of sexy dancing. These secrets are the keys to making any move wickedly sexy.

Once you've read them, watch the above videos again and see how many of the secrets you can spot the performers do.

## **Secret #1: Play With Your Hair**



This secret is so obvious, it's amazing how often it's overlooked. We all learn in junior high school how to use our hair – so how is it that we tend to forget it when we start dancing?

The trick is to get yourself in the mood. Imagine yourself flirting with your extra-special someone. Imagine the way he looks at you, the way he leans in towards you, the way he touches you. Let the fantasy sink in.

Then, begin to touch your hair softly. **Lift your hair up and tousle it gently. Feel it moving seductively against your head and the back of your neck.** Enjoy the sensual feel of your hair against your skin.

But what if you have short hair? No matter – you can still do this. The trick is, rather than lifting your hair up, you run your fingers through it. Place your palms at your temples

and lay your fingers lightly against your head, then gently move your head against your hands.

**If you have short hair, the trick is to make it look like you're just sensually touching your head, instead of trying to tousle your hair.**

Think of how you might touch your head during a rapturous moment in bed – that's the expression you want on your face while you touch your head, and that's the type of movement you're aiming for.

### **Three Sexy Things You Can Do with MEDIUM to LONG Hair:**

1. **Let your hair fall over your face**, just for a second or two. Then flip it back.
2. **Let your hair fall against him** while you lean over him. (Works great when lap dancing!)
3. **Run a piece of your hair playfully** against your lips and teeth.

**Three Sexy Things You Can Do Even with SHORT Hair:**

1. **Tie a narrow scarf around your head** (tie it at the nape of your neck). Use the scarf as you would long hair – run it against your mouth, tickle him gently with it.
2. **Tuck a feather or a flower behind your ear** – peonies are perfect for this! Take it out and softly run it against your face – and his.
3. **Take his hands in yours and run them over your head** and down the sides of your neck to your shoulders. Then, just when he thinks you're about to let him keep going south, teasingly let go of his hands and fling them back to him. (Works especially well if you're kneeling in front of him or bending over him.)

## **Secret #2: Touch Yourself**

The easiest way to get a guy's attention is to touch yourself, so be sure to do that in your dancing.

Run your hands lightly along your thighs. Slide a finger tantalizingly down your arm. Run a hand temptingly over your belly.

**Make your touch slow and sensuous, so he can imagine he is touching you, too!**

When you touch yourself, you are indulging in the sensuality of your own flesh, and inviting your lucky fella to join you.

### **TRUE GUY FACT**

Men go wild when they think they're going to get to see you masturbate.



**You can use this secret knowledge of the male of the species to give your guy the dance of his dreams:**

1. Let your hands or fingers roam oh-so-close to your Forbidden Zone.
2. Tease him mercilessly by stopping just short of the Holy Grail.
3. Or ... if you dare ... take pity on him and let him see his deepest fantasy come to life.

It's your dance. Be as wild as you please.

### **Secret #3: Direct Your Gaze**



If you want to make a dance sexy, you have to use your eyes. Whether as a dare or an invitation, your eyes are how you add the heat.

**Be brazen: set off a flirty leg pose with a bold gaze directly at your man.** The cheekiness of such a look throws down the gauntlet and insists he sit up and take notice.

Eyes can also be used to invite your man into the motion. Let your eyes, for instance, tell him where his attention needs to be by looking down at your thigh while running your hand across it.

**Better still, heat up a sexy walk with an over-the-shoulder glance:** peer saucily over your shoulder at him, and then audaciously down at your behind.

Works like a charm.

## Secret #4: Show a Little, Hide a Little



Tease is the essence of sexy dancing.

Sure, your guy wants to see you take it all off – but that doesn't mean he enjoys it best if you rush to get there.

### TRUE GUY FACT

Nothing gets a guy hotter than a little tease.

**Luckily, teasing is easy - just show a little flesh, and hide a little flesh.** Or, strike a boldly sexual pose, then show a tamer, flirtier move.

However many ways you do it, it's all about mixing things up.

For instance, you can stand with your knees bent and apart, then do a deep, grinding hip circle.

Follow this by seductively returning to a standing position and sinuously sliding your knees back together.

Remember, you don't want to have your legs spread apart for the whole dance. Instead, follow moves with your legs open with moves where your knees are together.

When stripping, add some tease by taking off your dress and then seductively clasping it to you, pressing it against every single one of your curves.

**HOT HINT: Do The Bend, bottom towards your man and only leaning slightly forward. Then quickly pivot and return to standing - to coyly hide your bottom once again.**

The key to a proper tease is to constantly keep your man guessing.

## **Secret #5: Let Your Head Fall Back**



You know the way your head falls back when you're having sex? That's the move we're talking about here.

Do this to highlight saucy poses or give an extra dollop of sensual abandon to your moves.

**Here are some ways to make this secret part of your dance. Let your head fall back while ...**

1. ... slowly bending your knees (works with your knees together or apart).
2. ... you play with your hair.
3. ... running a finger across your calf.

Nothing is as sexy as the look of feeling sexual. Letting your head fall back gives you that look.

## **Secret #6: Feel the Passion**



Faking it is no fun in the bedroom, and it's no fun on the dance floor.

**To be sexy, you have to really feel the heat and the passion.**

You have to connect to your own feelings of desire and bring them into your dance.

### **TRUE GUY FACT**

Seeing you get hot,  
gets them hot.

The goal is to display real emotion – whether you show a look of pure sexual desire, or one of flirty fun.

Try a smirk. Or a wink. Try letting your mouth open, as if you were about to moan.

**HOT HINT: Let your mouth fall open while your head falls back. You get extra credit if you do all that while playing with your hair or touching your thighs.**

Wondering how to get caught up in the mood of your dance? Start by choosing your favorite sexy music. Let your body sway with it. Feel the womanliness in your curves as you move and let that remind you of how beautiful and sexy you are.

Lose yourself in the pleasures of your dance, and your man will lose himself there with you.

## **Secret #7: Slow is Better Than Fast.**



Fast and fierce may be exciting, but, when it comes to sexy dancing, you need to take things slowly.

**Slowing a move down forces you to pay more attention to the sensations of your body.** It also allows you to focus on the feelings the move stirs within you.

Think back to Marilyn Monroe's walk. The slowness of her gait emphasized the sway of every voluptuous curve. That's what you want to emulate in your dance.

Try these moves and see if you can feel the difference:

- Do a hip circle, regular speed. Now do it again – but, this time, slow it down.
- Instead of pivoting quickly to shift your weight from one foot to another, try pivoting slowly, letting your behind lead the move.
- Do The Strut – then slow it down. Then slow it down again. See how it becomes nearly stationary, with deep, provocative hip swirls.

**Slowing it down adds a languor that heightens the sex appeal.**

Dancing slowly gives moves an entirely different feel – sexier, hotter, and far more tempting.

## **Secret #8: Sink into Your Hips.**

Sinking into your hips means letting your weight fall into your hips while you move them.

**This is really a belly dance trick that makes any hip move more enticing.**

For many of us, though, it can be easy to be so focused on looking long and slim that we forget to ever let our weight sink down.

**TRUE GUY FACT:**

Men love hips they can grab hold of.

Sinking into your hips actually accentuates them in a way that is deliciously decadent.

**Here's how you do it:**

- Stand with a slight bend in your knees – just enough to make sure your knees aren't locked. Place your feet about hip-width apart.
- Exhale slowly and let yourself feel into the weight and fullness of your hips and behind.
- Move your hips from side to side and note the different levels of intensity you get as you change from holding your weight out of your hips to letting it sink down into them.

There is an earthiness and a depth of feeling that your dance acquires when you learn to sink into your hips. Your man will find it mesmerizing.



**Secret #9: Sexy Doesn't Have to Mean Vixen.**



Popular culture would deem that only leather-clad, fishnet-wearing Amazons can be sexy, which can be unnerving to the many women who don't feel their inner sex goddess would dress like a video vixen.

In reality, of course, there's room for a lot more variety than that.

**All you need to do is wear what makes you feel sexy.**

If that's a man's button-down or a cozy woolen sweater, so be it. There is no rule that says you can't be sexy unless you wear stilettos or platform heels. No rule that says you have to look any way other than how you already do.

So, give yourself some room to play with your sexuality. Mix costuming and makeup into your dance. Try different characters. See what feels fun and sexy to you.

Here are some ideas to get you started:

- A fluffy sweater big enough to be a mini-dress.
- A t-shirt and boyshorts.
- Cowboy boots and a Stetson.
- An evening gown and long gloves.
- Jean shorts and a halter top.

**Remember, Mary Ann was just as sexy as Ginger – and she got a lot more fan mail.**

**Secret #10: Close Your Eyes.**



There's a lot to be said for making eye contact in a dance – but that doesn't mean you should never shut your eyes.

**Closing your eyes adds mystery.** It gives the impression that you are sinking into the utter deliciousness of your feelings. It says you are so enraptured by the intensity of your dance, that you have momentarily been carried away.

**TRUE GUY FACT:**

Men love watching your face when you look mysterious and full of desire.

**HOT HINT:** To add impact to your dancing, close your eyes while playing with your hair – and always close them when letting your head fall back.

When your eyes close, you disappear for a moment into a purely sensual experience – and make your man want to go there with you.

**BONUS SECTION:  
How to Strip Using Just What's in Your Closet**



What's the fun of knowing all these ways to sexify your dancing if you aren't also going to get a few secrets on how to put together a striptease!

This is something I cover extensively in my How to Strip classes, but I wanted to share with you an overview of what I teach, so you can use it right away.

**First of all, to strip properly, you are going to need some supremely sexy music.** Whether you like jazz, metal, punk, pop, country, or salsa, be sure it's music that inspires you to feel sexy – because if you don't feel sexy, the dance won't feel sexy, either.

**Next, you have to choose your outfit.** As you learned in Secret #9, you can go in a lot of directions with your clothing – this is definitely the time to give free rein to your imagination!

The thing about stripping, though, is that the decision to do a striptease is often very spur of the moment, and it's not like you're going to want to ruin the mood by dashing out to do a bit of shopping.

So, for those impromptu stripteases, it's good to know what makes for a great, strippable outfit, so you can just rummage through your closet and pull together something perfect.

In fact, you probably have half a dozen good strip outfits just lying in your closet right now - you just need to know what to look for.

**So, here is what to look for in selecting a striptease outfit:**

- 1. Bottom layer.** This is the last layer of clothing you'll be wearing – either you'll end the dance at this point, or you'll do a grand finale in which you take it all off. This layer should be something YOU feel sexy in. No need, for instance, to wear a thong if you hate them or don't like the way you look in them. Any pretty lingerie – including just a sexy nightie – will work beautifully.
- 2. Main outfit.** Lots of possibilities here, from slacks and a top to skirts or evening gowns. Even a vintage peignoir, if that sounds fun! What you want to look for in the main outfit is:

- a. Ease of removal.** If it's hard to get out of, choose something else. For instance, jeans can be very sexy, but they are a bitch and a half to strip out of. Instead, choose something that slides off gracefully, like a tight skirt with an elastic waist. Or something with a long zipper, that will come off in an instant – like a strapless gown.

Be cautious of buttons that are hard to undo, Velcro that's noisy and can snag your stockings, and zippers you know to be stubborn.

- b. Layers.** Balance the number of layers in your outfit with your music. Some songs have obvious places that would be great for whipping off a layer, others are more subtle. Figure out what you think would work with the song you've selected and base the number of layers you choose on that. Don't forget, your accessories (see below!) count as layers, too.
- c. Clingy vs. loose.** This is optional, but it can be nice to top a clingy dress with a loose blouse or sweater. Or pair a tight skirt with a looser top. Mixing it up gives you a different look in your dancing – showing off your curves in something tight has a different sexiness than letting something loose flow softly over your body.

- 3. Accessories and shoes.** This can be where you have the most fun with your outfit. Accessories give you more items to take off, thus stretching out the tease – and giving you more options with a one-piece main outfit. Think capes, scarves, boas, gloves, hats, stockings, and veils.

For your shoes, choose a pair you can actually dance in – that may mean 7-inch heels, but there's no reason you can't wear kitten heels or go barefoot, if that's what works best for you.

### **How to Remove Your Clothing**

When you start to remove a piece of clothing, don't let yourself rush through it. Remember Secret #7 and give your guy a second or two to realize what you're about to do.

Let him get excited about it - let him start to want it.

Then, **peel the garment off slowly – enjoying every second of it.** When you're done, fling it audaciously to the side or (better still!) play with it a bit before giving it a toss.

Give yourself time to dance and be flirtatious with each layer. Work your magic fully with each piece before moving on to the next.

If you have the time, **do a few practice runs** to give you a feel for both your outfit and your music. It can take a few run-throughs to figure out the best way to remove certain articles of clothing and the best way to time things out with the music. But, for an impromptu striptease, this isn't something you need to worry about.

**HOT HINT: Always take a moment before you begin your dance to remember how dazzling and sexy you are.**

Then go out on the floor and let your man see it!

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*If you love striptease and think you might also like the fun of pole dance, visit [www.PoleSkivvies.com](http://www.PoleSkivvies.com)!*

## Special Thanks to the Photographers

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