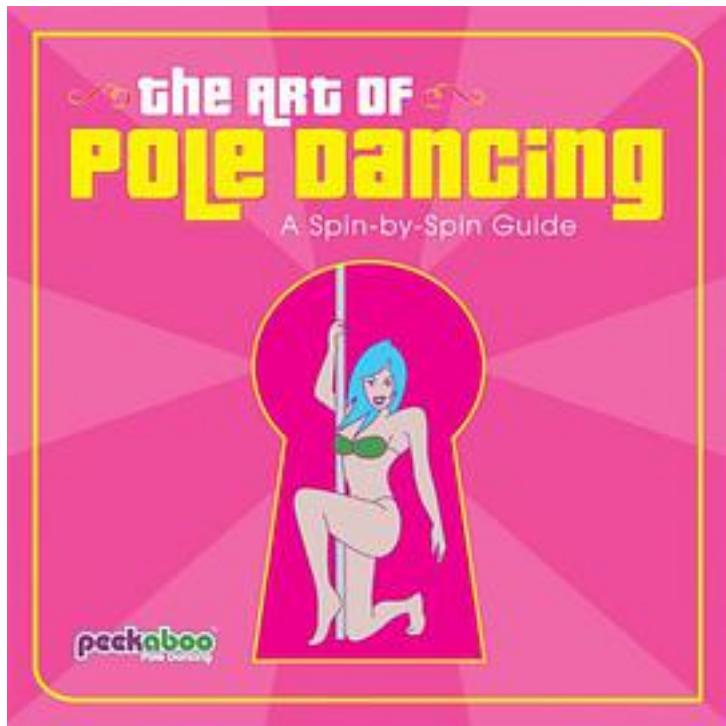


The Art of Pole Dancing



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Pole dancing has become the biggest craze at health clubs, gyms, and dance studios—it's the sexy style that every woman wants to learn. And why not?

It combines seductive poses with simple and enjoyable steps, spins, and lifts. Like any good dance form, it offers both fun and fitness, plus a wonderful opportunity to express your personality. Here's a fabulous way to get into the pole-dancing groove and master those slinky, confidence-building moves—such as the "Teasy Does It," the "Hand Spin," and the always irresistible "Strut"—in private. This sizzling guide features 50 of the best basic moves, from hip swivels, knee drops, and thigh wraps to

booty shakes and splits. Attractive photographs open every chapter, and each choreographic morsel is illustrated with line drawings (more than 200 in all) as well as easy-to-follow instructions that will soon entice anyone to move boldly to the music!

作者介绍:

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标签

评论

全是floor work吖，走的是exotic风格~

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