

# SultryStripSession

TAKE YOUR SEXY SELF AND SHIMMY TO A BETTER BODY THROUGH THIS STRIPEASE LESSON

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Striptease, pole dancing, lap dancing, chair routines, booty beat, bar-top dancing.... No, we're not naming your guy's fantasies, but the latest way to shape up. *Jasmine* gives it a try to see if you can really strip your way to a sexier body.

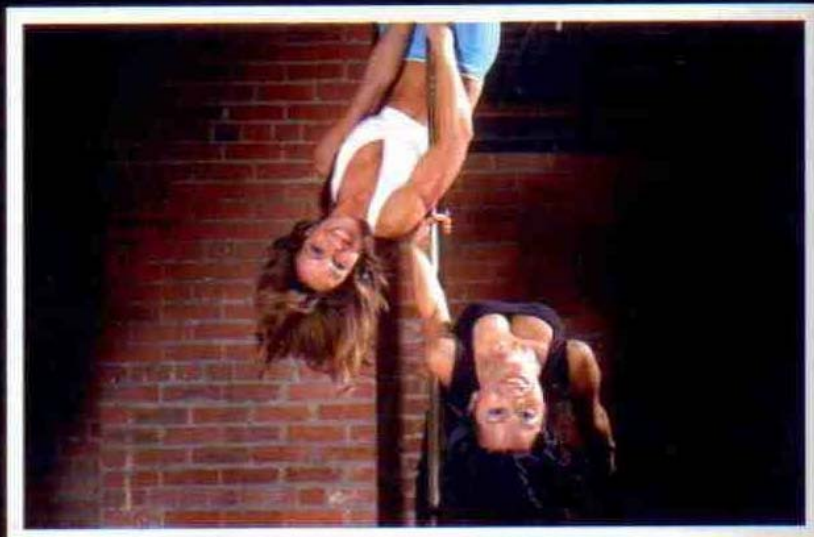
We turned to Kerry and Krista Knee, owners of Flirty Girl Fitness, to help us put this new fitness craze to the test. These two sisters started their business in April 2005 and it has already become the largest of its kind in North America. They offer classes, workshops, drop-in lessons and special-event packages. I signed up for an introductory workshop on striptease and pole-dancing, dragged my older sister Joyce along and prayed that mom wouldn't find out.

## Our performance drew an audience—along the windows stands a group of very wide-eyed guys

When I show up, I'm relieved to find a group of women dressed in the normal workout attire you'd find at any other gym. Everyone has the same look of curiosity sprinkled with a pinch of meekness when encountering the large metal pole sitting on a platform. Class begins with a 15-minute sexy stretch session, which is easy enough. Our instructor, Nicole, leads while we stretch our neck, arms, back, legs and everything else in between.

Next up, the class is split into two groups. While the larger half is ushered to join Nicole for a lesson in striptease, my group meets with Krista for a lesson in—yup, you guessed it—pole-dancing! We practice sashaying around the pole on our toes with exaggerated hip movements to create a sexy strut. Then Krista demonstrates how to climb seductively onto the platform, lean our backs against the pole, reach our hands up and strike a sensual pose. We must then pivot our feet and slide slowly down the pole until we're at a sitting position. To raise ourselves back up, we pretend we're "climbing a rope" and sway our hips as we move. Krista looks at us and informs us that it's now our turn.

As I get onto the platform and touch the pole, I'm still holding my breath, but after performing my own rendition, I feel my inhibitions slowly drift away. We then learn





moves involving slapping our own rear, hip rolls and stroking the pole. By the time we learn to use our arm muscles to lift ourselves off the ground and spin around the pole, we're all having an unbelievable amount of fun and eager for Krista to teach us more. We're told to let down our hair, add our own flair and just work it freestyle. At one point during the lesson, we realize our performance has actually drawn an audience—along the length of the studio windows stands a group of very wide-eyed guys. The earlier me who walked through those doors only 40 minutes ago would've been more than embarrassed, but the new confident, pole-dancing me just kept on spinning.

Next up is learning a striptease routine. After Nicole reiterates that all the instructors are professional dancers and not actual strippers, she gives us a lesson in grabbing our breasts, butt and down-south. She makes us repeat this a couple times as she wants us to feel comfortable grabbing and not simply touching. By this time though, we're all so pumped up that we all happily oblige. There's nothing sweet or delicate about this dance, it's all down and dirty. To help us better understand the attitude she wants us to achieve, she recommends us to imagine we're dancing for an ex-lover and not our boyfriends or husbands. Nicole informs us that when we move our body, we should be trying to say, "You ain't gonna get any of this!" We laugh, but it really works. As we snap our hips and slap our butts, you can feel the tension and attitude of the dance. We choreograph the moves to a popular song and blast the music as we whip through the routine. When the music is lowered another 20 minutes later, I realize that I'm covered in sweat. My arms, abs, legs and rear are killing, but I feel great.

To finish off class, we form two rows and perform the striptease routine together. Each of us has a chance to perform her version of the pole dance while all the other girls cheer her on. I'm third up and only slightly nervous when everyone starts whistling and clapping. But when my fingers touch the metal pole, my inner bad girl takes over and I even surprise Krista by adding in a little lip-biting. I feel exhilarated when I'm done and can't wait to try it again. This little dancer will definitely be back!

#### Flirty Girl Tips

- Stand on your toes, stick out your chest and suck in your stomach.
- Spot and focus on one person in the audience when dancing and keep looking at him as you perform your routine, you'll appear more sexy.
- Pole dancing is more freestyle, add more of your own flair and personality and you'll look great.
- Don't just touch or cross your body when dancing, grab forcefully.
- Remember that sassiness is also shown in your facial expression.

