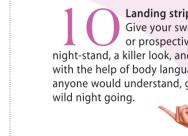




Prepare for takeoff: Crouch down, face on the floor — get ready to rise. It's a classic.



While executing these dance moves, maintain eye contact with your target. Rule of thumb for buttocks and legs: don't move too much, but don't move too little. There is nothing more unflattering than flailing thunder thighs. Your hand gestures should express desire and passion. And believe in yourself — the more self-confidence you have, the sexier you are. TRANSLATED FROM THE LIBERTY TIMES' WEEKENDER BY JENS KASTNER

