

Mode

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Items from Nong Li's Formosa salmon, I Love Rock 'n' Roll and Guan Band series.
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Get your wild nights going: *dance like a pro*

At your heart out Carmen Electra. Looking good on the dance floor doesn't come naturally — at least not for people with two left feet. Here's a guide to pulling off some dance moves without making a total prat of yourself. And just because these photos feature exclusively females, it doesn't mean the men out there can't give some of these super-sexy moves a go-go.

1 **The shoulder surprise:** Turn your back to the target, sway your hips for a minute or two, and then the surprise bit — rotate the upper part of your body, gracefully. Try to channel any prima ballerina assoluta from the past century. While placing the center of gravity on your right foot, pull that shirt down a bit, exposing your right shoulder.



2 **The curveball:** It's the shoulder surprise, but the other way round. Not much of a surprise after dance move No. 1, but sexy nonetheless.

3 **Arousing approach:** Face your partner and take two steps towards your target, like you're going to devour him, or her. Think tiger, antelope, lion, buffalo. Get rid of the shirt by flinging it towards where the target is taking refuge.



4 **Steamy squat:** Squat down, but remember this isn't the gym. Maintain your balance with your left arm (easier if attempted before the third martini). Right hand strokes right leg seductively — scratching doesn't count.



5 **Tantalizing twister:** Left arm supports the upper body, left leg stretches out on the floor, and the right leg is tightly bent. Perform on a clean floor.



6 **Raunchy roll:** Roll over by throwing the right knee to the front. In this position, your body takes on a somewhat *Playboy* pose. Pat your head and neck with your right hand.



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



8 **Hair-raising ascent:** While kneeling, energetically raise the upper part of your body. Make sure your tresses bob about.



9 **Expect some turbulence:** Dance to the beat while slowly standing up.



10 **Landing strip in sight:** Give your sweetheart, or prospective one-night-stand, a killer look, and then, with the help of body language that anyone would understand, get your wild night going.



Tips: 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