

Lap Dance & Strip Tease

**Insider's Guide to
Becoming
A Man's
Ultimate Fantasy**

Ella Trudeau





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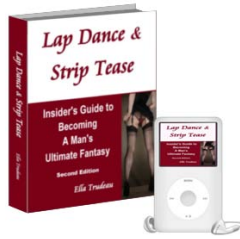
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10 Things You Will Discover in Lap Dance and Strip Tease... Insider's Guide to Becoming a Man's Ultimate Fantasy

1. How to build your confidence when stripping... *Chapter 1.*
2. Most flattering lighting...naked or not... *Chapter 1.*
3. Most important thing about the lingerie you should wear when stripping... *Chapter 1.*
4. The essential rule to make your man follow when you are stripping or lap dancing for him... *Chapter 1.*
5. Essential shoes for stripping...and what to do if you don't have them to make your legs look longer and leaner... *Chapter 1.*
6. What to do with your hands while strip dancing... *Chapter 2.*
7. How you can look even better naked... *Chapter 2.*
8. The top 3 favorite lap dance moves of men... *Chapter 3.*
9. The indispensable secret to a great lap dance... *Chapter 3.*
10. The classic "Gypsy Rose Lee" move that put the tease in striptease... *Chapter 4.*



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Dedication

This book...and all my work...is dedicated to YOU.

My mission is to inform...enlighten...and entertain you. I want to spread my passion and joy and offer my support and advice.

I do my best to bring you quality well-organized and comprehensive strategies to inspire...revive your spirit...awaken your best sex life...and create real results in your relationship.

I am grateful to all my readers and invite you to write me with your comments and suggestions.

With these secret weapons there is nothing stopping you from having the intensely satisfying life you deserve.

About the Author

Ella Trudeau is a professional sex educator. She is the author of...



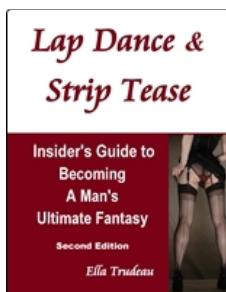
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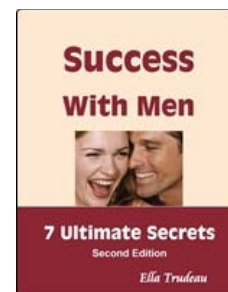
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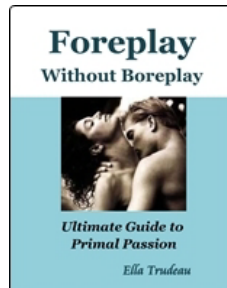


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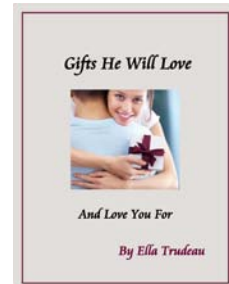
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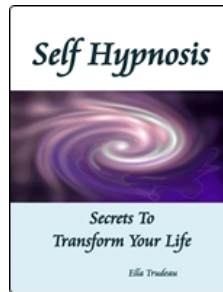
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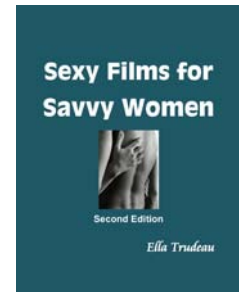
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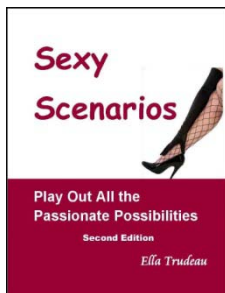
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See the [Table of Contents](#) for
Lap Dance and Strip Tease...
Insider's Guide to
Becoming a Man's Ultimate Fantasy

Chapter 1...His Private
Dancer

Use this course to fast-forward to
having some bold, sexy fun.

Nothing arouses a man like the sight of
a woman in the process of taking her
clothes off. Take off your inhibitions
along with your clothes.



Combine a strip tease routine with a lap dance to become your man's ultimate fantasy...his "*Private Dancer*"...with the...

- Secrets
 - Tips
 - Techniques
 - Detailed steps
- ...in this course.

If you have ever danced to sensual music for your man...even in public...he has had this fantasy!

A man loves a strip tease because it makes him feel like he's doing something illicit as he sits back and enjoys the show. He'll cheer each removed item of clothing you toss his way. He'll appreciate your look...your effort...and that you did it all for him.

When you finally remove that last item...he'll feel like he's seeing something taboo...which is a turn-on in itself.

Your man is in for the most memorable show of his life.

First you will strip down to your...

- Bra
- Panties
- Garter belt
- Stockings.

Then you will give him an amazing lap dance. Then you will follow that with the rest of your strip routine. This performance will fuel his fantasies for some time to come.

You should save this until you are in a sexual relationship with a man. You want him to understand that you are about to unleash a whole new side of yourself...just for him. This is very powerful sexually and you certainly don't want him to think you are a "*pro*" or that you give this out to just anyone.

And of course...you can always use just one or two of these moves in isolation to tantalize your man when you are undressing.

Rules of Engagement

Your man is not allowed to touch you at any time during this entire performance. But you can touch...lick...caress...nudge...and tickle...him all you want.

But if he so much as reaches out in your direction...slap his wrist and give him a warning. Let him know that if he does it again...the dance is over...no exceptions.

The whole point of a strip tease or lap dance is to drive a man crazy



with anticipation for what is to come. If he is allowed to just reach out and grab you anytime he wants during this show...it will kill the build up and anticipation.

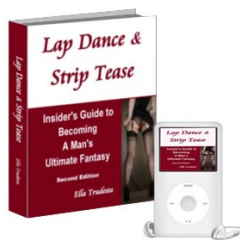
Your goal is to get him so hot he just can't stand it. Then you will keep him there until you are done. So make sure he keeps his hands off you.

Getting him aroused...and then denying him instant gratification...will give you explosive results later.



Say: "*You can look but not touch.*"

Or...use a scarf to tie his hands to the chair...or together behind him. Then you can tease him with your untouchable hotness.



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Soundtrack for Seduction

The key to having fun while dancing is the music. Choose a song you can really lose yourself in and you will leave your man breathless with anticipation. Something slow but sexy will do the trick.

You don't want to rush your moves! When a man sees a sexy image...his testosterone levels rise...spiking his sex drive. The longer you let his eyes linger...the more aroused he'll be.

If you use music that is too fast for your private dance...you may end up bouncing about like a bobble-head doll. Use music with a slower tempo. Take your time and let your man savor every moment. The music you choose should inspire graceful movements that flow together smoothly.

A few suggestions for your personal private dancer soundtrack...

[Nasty Naughty Boy](#)...Christina Aguilera

[Pour Some Sugar on Me](#)...Def Leppard

[You Can Leave Your Hat On](#)...Joe Cocker (don't miss this strip video from *9 ½ Weeks*)

[Throw Me on the Bed](#)...Machine Gun Fellatio

Or for when you are feeling wilder...

[Closer](#)...Nine Inch Nails...the chorus includes: *"I want to fuck you like an animal"*

[Jungle Song](#)...Sonia Dada

15 Stripper Secrets to Dressing the Part

A sexy stripper's secret is to use a little blusher on your nipples to make them look more defined and aroused.



Defined eye makeup is good for your private dancer performance. Now is the time to work that black liquid eyeliner.

And don't forget the "porn star" lip gloss.



But forget body glitter... it looks trashy and messy. If it gets in your eye...it is painful.

It is important to wear lingerie that is easy to remove. Practice a few times to make sure you can remove it smoothly and seductively.



Wear a sexy bra so your cleavage says:
"Here I am baby. I am your very own private dancer".

There isn't really an elegant way to remove most shoes. The whole effect is instantly ruined if you have to stop and lean over and fiddle with straps. That is why high heeled slip-on mules are de rigeur for strippers. High heeled pumps are second best.



If you aren't comfortable in high heels....do your routine barefoot. Wearing high heeled shoes makes your legs look longer. But strutting on your tip-toes can give you almost the same effect.



For your “phallic object” you can use a...
Feather boa... the stripper standard.

Long strand of fake "flapper" pearls...my
favorite.



Long silk scarf. You can also use a silk scarf later to blindfold your
man before giving him a mind blowing blow job.

Some other additions to your *Private Dancer*
outfit could include...

- Large dangly earrings.
- Long black satin or lace gloves
- A sheer blouse.
- A G-string.
- A garter belt with black seamed stockings or
black fishnets.
- A short black mini skirt...mine is leather.



Another time you might want to try a private dancer routine wearing a sexy costume...

[French Maid](#)

[Police Woman](#)...handcuffs, anyone?

[Naughty Nurse](#)

[School Girl](#)

[Rocker Chick](#)

[Sexy Executive](#)



You Don't Have to *Be* a Professional to Have the *Confidence* of a Professional



Put on some sexy music and practice your moves in front of a mirror. It will build your confidence when you see how sexy you look when moving to the beat of the music.

You can try a glass of wine before your dance to help you relax and feel sexy. But don't drink too much and get drunk. Your man won't be turned on by you falling down.

Keep the lights on...but dim them a bit. No bright overhead or florescent lights. Bright overhead lights are not your friend.

This is all about showing off your body... not hiding it. A few shadows are sexy. But candles can be dangerous when you are throwing clothing about. I would recommend you only use flameless candles.

Sexy is all about how you feel. You don't need a great body to strip. What you need is confidence and attitude. Seeing you confident enough to do a strip tease for him is a huge turn on for your man. You have to be willing to fully let go and enjoy yourself.

Knowing your man's eyes are on you is exciting enough to arouse you as much as you arouse him. Seeing how he reacts to watching you will amp up your desire. You will feel like a goddess knowing he's so mesmerized by your form. Your man will love watching you get turned on performing for him.



Best Seat in the House

Seat your man in a tall-backed chair...such as one from your kitchen table or desk. Put a pillow or two behind his lower back. You'll be on his lap later...so you'll want him ready.

Treating your man to a lap dance can be awkward if he isn't in a sturdy chair that doesn't easily tip over...so choose carefully. It also helps to have the back of the chair against the wall.

Bed Dance

Have him lie on his back on the bed for a "*bed dance*". Slowly rub yourself along his chest...abs...and then finally his genitals...as he lies on the bed. But your man probably won't be able to resist touching you in this position...unless you have his hands tied to the bed.



Key Points of Chapter 1... His Private Dancer

A man loves a strip tease because it makes him feel like he's doing something illicit.

Your man is not allowed to touch you at any time during this entire performance to build his anticipation.

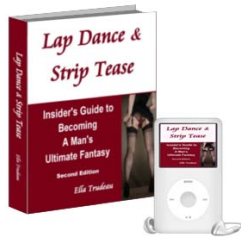
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There isn't really an elegant way to remove most shoes. High heeled slip-on mules are de rigueur for strippers.

Put on some sexy music and practice your moves in front of a mirror to build your confidence.

No bright overhead or florescent lights.

Seat your man in a sturdy tall-backed chair that doesn't easily tip over.



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