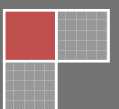


DRH

# How to Pick Up Women on the Dance Floor

Secrets Revealed

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# **How to Pick-Up Women on the Dance Floor**

*Secrets Revealed*

**Updated Edition**

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# How To Pickup Women On The Dance Floor - DRH

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## Introduction

Dear friend,

I'm DRH. The world #1 Dance Floor Game Expert.

Some of you reading this page may know me. But, I'm not so presumptuous to assume you do. Even though I don't like talking about myself, it's important for you to know why I'm worth your time to listen to.

In 2008, I was the first to launch a seminar exclusively on how to pick up women on the dance floor without having to learn how to dance. I created the **only** Dance floor Game seminar that gives a straightforward road map to seduce women on the dance floor.

How did I become an expert in the Dance floor game?

Well, I was born in France of North African parents. What you probably don't know is that even up to 5 to 10 years ago, entry to night clubs was refused if you were black or from North Africa (like me). So, until my 24<sup>th</sup> year, when I arrived in London, I had never really been inside a night club my entire life. It's absolutely true, nada, zero. At the same time, I discovered the Mystery Method and got excited by the idea of picking up women in clubs.

## How To Pickup Women On The Dance Floor - DRH

Unfortunately, my English wasn't so good at the time and also felt insecure talking to women in a loud environment. So, I stopped to "open" women and went to the only place in the club where I felt confident: the dance floor.

From there in less than a year, I counted almost 40 night outs. For 40 night outs, I got **34 kiss-closed from the dance floor only** with often **minimal or no talking at all**. I created this book because I always saw the same mistakes and the wrong attitude from guys when they were on the dance floor dancing.

Don't get me wrong. I'm not a master PUA and don't aim to be one. There are certainly other instructors who have skills that I don't have. But, I just tend to be fantastic on the dance floor and get tangible results while having fun. This is what I'm going to share with you in this book!

Enjoy!

## **How I Raised Myself From Failure to Success With Women**

If you listen to me, you will recognize from my accent that I'm French. I was actually born in France of North African parents. As I told you in my introduction, if you were black or from North Africa like me, you couldn't get into a nightclub. So in 2007, when I came to London, I had never been inside a nightclub. It's absolutely true. It may sound incredible but I had never been inside a nightclub until I was 25.

So, in 2007, I relocated to London, UK. I was quite excited because by this time I had just discovered the Mystery Method and The Game. I was excited for 2 reasons, though. The first reason was that I could now get into nightclubs and the second reason being I now had all these strategies to use in clubs to get women. So, I started to get into clubs and using the routines. But, something very bad happened during this time in the sense that I couldn't get women at all.

I was a step ahead in so far that I could now get into a club but could not still get the women.

The reason being the routines **simply didn't work for me** because my English was very bad. It's still bad but it was worse then. It really was not working. This "Game" stuff really did not work for me.

So, I took a decision. I said: "okay, if I go to clubs and can't get the women, at least I need to have some fun!" So, I just decided to go on to the dance

floor and dance and **have fun** and then something happened while I was enjoying myself on the dance floor. While I was having so much fun and making friends on the dance floor, I noticed that women were attracted to me and they were coming to me without doing anything.

So, that is where I changed my mindset from using routines and openings to simply getting women on to the dance floor. This is where my dance floor game started.

A new man was born!

## **The Biggest Lesson I Learned About Dance Floor Game**

**The Dance floor is not a “trap”. Anybody with basic dancing skills can be successful on the dance floor.**

What are the myths in terms of getting into a club and meeting women on the dance floor?

Unfortunately, there are two myths about the dance floor:

- 1. The Dance floor is a “trap”**
- 2. I have to know how to dance to pick up women on the dance floor.**

Don't fall for these two myths. Do you know what a self-fulfilling prophecy is?



A self-fulfilling prophecy is a prediction that directly or indirectly causes it to become true by the very terms of the prophecy itself, due to positive feedback between belief and behaviour.

In other words, a prophecy declared as a truth when it is actually false may sufficiently influence people, either through fear or logical confusion, so that their reactions ultimately fulfil the once-false prophecy.

This is something that I hear a lot from guys in the community: “*you can’t get women on the dance floor*”. Let me tell you something. It’s absolutely not true because in 2007 and 2008, did you know that I got almost 50 kiss-closes from the dance floor **without having to say a word** and that sometimes I would **get 2 or 3 kiss-closes on the same night** from the same dance floor too.

So my friend, from now, forgets the stupid idea that you can’t get women on the dance floor.

Regarding the second myth (“*I have to be a good dancer to get women on the dance floor*”), you have to understand that you don’t have to be a good dancer because I’m not a good dancer.

Success on the dance floor has nothing to do with dancing skills. That’s the beauty of this: anybody can do it. If you can move your body, you can do it.

I'm going to give you a specific example. Have you ever been to a salsa club? Did you notice that the good salsa dancers, guys who are very good, always do the same thing at the end of the song...?

### **They split from the girl!**

This is because he might be a good dancer but he does not know how to attract and thereby increase attraction with his dancing and his body language. It's not about dancing skills. It's about how you look at her, how you move, what you do, what you don't do to scare her and it's very easy to do and it becomes very obvious why it works.

Some students have been with me to clubs and they can tell that I'm not a great dancer. I just know what I need to do to get women on the dance floor and you can learn it. It's not rocket science.

Most gurus warn men about the "danger" of being on the dance floor. The truth is that 95% of men have the wrong mindset in the first place!

I've spent a lot of time on the dance floor and there is only one mindset to adopt if you want to be successful.

**The "F.F.F" mindset...** Let me reveal it to you!

## The Biggest Reason Why Most Men Fail On the Dance Floor

From my experience, it's very important that you don't choose a club only because of the women.

Let me explain why I never choose a club because of the women first.

If you like beautiful women, you can definitely choose a club with hot women. But that shouldn't be your only motivation. What I mean by this is that you have to choose a club where you enjoy the music while doing your dance floor game.

Lets say for example, you love urban music and you go to a club which plays only house music which you don't enjoy, and you go on to the dance floor, your body language will **reveal** that you're not enjoying the music which women will notice very quickly. This would mean that you're on the dance floor only for the women and this becomes very unattractive for them.

**Secret:** Your main outcome while going to any club should be to **have fun** and **make friends**. Not to get women. That's why you should always choose a club:

> With music you really **ENJOY** (It's vital if you want to be successful on the dance floor.)

> Do not dance to music you don't like.

- > With an atmosphere and people that you like.
- > Close to where you live (for the “Building Your Heaven” strategy)

F.F.F is for **Friend and Fun First**.

This little shift in perspective combined with the following strategies is going to skyrocket your success on the dance floor.

Bonus Expert Insight \_\_\_\_\_

## **Dance Floor Game – Getting ready to go out – Putting your best foot forward**

*By the team of [housepartypua.com](http://housepartypua.com) the ultimate guide to social circle game.*

This might sound funny, especially coming from another guy but spend some time looking at yourself in the mirror. Those of you who have had girlfriends in the past know that Girls spend hours upon hours fussing over every little detail before they go out. Why? Because first impressions count and anytime you’re in public, especially in a super social setting like a club or bar you want to put your best self forward. That said, we’re not advocating spending half the evening getting ready but do spend some time doing a quick rundown of basic things you should have covered.

\* **Hair** – There’s a big difference between bed hair and the tussled I don’t care look. Know the difference.

\* **Facial Hair** – Have a look in mind – if you’re going for that clean look, make sure you’re clean shaven completely, if you’re looking for that stubble

look, make sure it fits, if you're going for that I don't care slacker look, at least make sure it's a clean looking sloppy. Lazy never looks good. Figure out what your look is and make sure

\* **Skin** – Address any glaring issues

\* **Clothes** – No obvious wrinkles or embarrassing stains

\* **Breath** – If you need me to tell you your teeth should be clean and breathe fresh then here we go

That's it! It shouldn't take more 2 minutes to do all that. It's crazy how many guys don't do a basic check before going out. The goal of the mirror look isn't to have you looking like a GQ model or some Hollywood actor. It's to reinforce the fact to yourself that you're putting your best self forward. Just the fact that you've done the basic check will help you feel confident in whom you are and things you do and how you act.

## **Winning Techniques and Strategies for the Dance Floor**

This part is very important.

I'm about to give you proven strategies and techniques so as to turn any dance floor into your harem. I'm serious. Understanding and applying the strategies that you're about to learn will lead you to success with women that you could never have ever imagined.

However, there would also be other rewards along the way.

You need to realize this hard fact: Most men don't really enjoy themselves in clubs. My strategies will not only attract women to you without approaching or talking to them but can also guarantee that you will have a blast!

And remember...

My techniques are:

- 1. EASY TO IMPLEMENT**
- 2. ENJOYABLE**
- 3. EFFECTIVE**

Let's go!

From now, I'm going to assume that you're going to a club **with music that you enjoy**.

While doing my dance game, I always follow the same model. I always do the same thing. And you can too! I mean it. As soon as I get into the club, I head straight for the dance floor. I don't look at the ladies. I don't go buy a drink or anything.

I just head to the dance floor and head practically to the centre of the dance floor and I just enjoy myself for the first 10-15 minutes. I just keep dancing to the music. I don't look at the ladies at all. I don't even try to dance with them. I'm like as if I was **all alone**, in my own little world.

Yes, in my own little world just dancing and I can tell you that you will get noticed really very quickly when you do that because 95% of the men who are on the dance floor are not really dancing. One, they're not really dancing. Two, they're staring at the women. They try to grind behind them, trying to make eye contact.

It's when you become a guy who just doesn't care, in his own world, in his own reality which makes you stand up straightway on the dance floor. Then after 10 to 15 minutes, what I usually do is, I look around the dance floor and try **to catch a group of guys or a mixed group who seem to be really enjoying themselves** and when I spot these people, I approach them.

Basically, what I'm trying to do is I just try to engage and become friendly with them. **Just acting like you have met a good old friend.** Trust me, people are friendly. You'll rarely be rejected if you are congruent.

**Secret:** The image I want to convey is: I'm *cool* and *sociable*. I'm on the dance floor to *have fun* and *don't care about girls*.

I'm here to have fun regardless of gender, age or anything. I'm here to just meet people. I usually go and have fun with some guys or just challenge them or just laugh with them, and not really look at women. I treat them as some buddies.

When you do that with 2 or 3 groups on the dance floor what you'll usually notice is that straightway all the women on the dance floor will be attracted to you. **They'll just start to dance right next to you.**

You will notice at some point when you're having fun and don't really care, all of a sudden, you'll have all these women around you.

I can vouch for this through experience. I've walked into a club and headed straight to the dance floor and in the next 20 minutes I'm dancing body to body with the hottest girl I met on the dance floor. What makes it even more impressive is 5 minutes later, I'm kissing her.

I mean it might seem very simple but it's very efficient because the biggest mistake I've seen happening are the men not dancing on the dance floor. They're just watching women and they don't seem to enjoy themselves.



And I think that is the reason why they're failing on the dance floor. That's the worst way to attract women on the dance floor.

Enter the dance floor with energy and enthusiasm. Don't forget to smile and a little bit of comedy doesn't hurt. Have fun with some of the guys and you can quickly become the centre of attention. Don't try to engage the girls at all. Engage men by making eye contact, smiling at them, back slapping, hi-fiving, making a small funny comment, teasing them. They will not resent you, since you're merely a fun loving guy. Do this with as many guys around you as possible for 15 minutes. Remember you're here to **have fun** and **make friends**.

If the girls reject you later for what you're doing basically, you can come back to the guys who are friendly, who are having fun. These are the guys who are going to **cheer you up** and help you get your state back so as to approach another woman. Does that make sense now?

## **Do You Do These Mistakes on the Dance Floor?**

Here are my top 4 things to avoid doing on the dance floor.

**Mistake 1: Not dancing and waiting for something to happen:** If you don't want to dance or are tired, leave the dance floor and come back later. Dance floor game can be tiring. So make sure not to arrive too early. From experience, around 00:30 is the best time.

**Mistake 2: Staring at girls and waiting behind them:** It's the worst thing to do after not dancing. The longer you wait behind a girl hoping to grind with her, the less value you have in her eyes.

**Mistake 3: Not making male friends on the dance floor:** This is your key to ultimate success and enjoyment on the dance floor. Make male friend/buddies.

**Mistake 4: Not smiling and looking bored:** The F.F.F mindset (Friend and Fun First). Do you remember?

## **How Recognizing the Different Types of Women on the Floor Will Skyrocket Your Success**

Since you're the fun guy and the centre of attention, single girls who are available **will position themselves around you**. They will start making proximity IOI's, they will make eye contact and give some small smiles. The more forward ones will touch you or even bump into you.

**There are basically 3 types of set on the dance floor**

**Solo:** They certainly are waiting for someone to dance with them. So, you should always focus on them first.

**2 set:** Go for it but don't wait too much. Use some of the techniques below to engage them to dance with you.

**Group:** They get the most attention and this is where competition is the most important. The first thing that comes to my mind when thinking of hot women in a club is that they're never alone. At best, they are in a group of two but often times larger groups. Group of women get a lot of attention on the dance floor.

What must be understood is that a group of girls are usually locked in on the dance floor. They form like a circle. It's very hard to get in there because usually, a lot of men are trying to engage them. Have you seen that before?

**Secret:** The trick is that you never start by pushing out this group. What you have to do first is make some friends. Then start dancing with solo women or group of 2 women and just gradually create your social proofing. **Your social proof is your social value on the dance floor.**

I remember a group of 5 or 6 girls where one of them just pushed one of her girlfriends to one of my wings. So, basically it's the women who just give you the girlfriend when they look at you having fun and enjoying yourself.

So basically you just don't have to do anything. The set opens itself to you. If you're socially proofed, it's then easy to engage a woman on the dance floor.

## **How I Personally Recognize and Convert Indicator of Interests**

Here are examples of IOI's from women (Indicator of interests) to look for on the Dance Floor:

- > **Eye contact & Smiles**
- > **Physical proximity**
- > **She looks at you from the side, to hide the fact that she's looking**

The challenge is to be responsive to IOIs (Indicator of Interest) while you're dancing and having fun! When you recognize an IOI, don't make the mistake to wait. You should act immediately using my simple but effective techniques (remember they only work because **you have built strong social proof with the previous steps**).

**Simple but efficient techniques to engage women to dance with you:**

- \* Bumping her butt
- \* High five her and spin her and dance
- \* Approach on the side and make your shoulder touch her shoulders
- \* Gently elbow her. When she pushes back against you, just lower yourself playfully, she will follow, or direct her to lower herself too. When both of you come up, grab her and spin smoothly, and then start dancing with her.

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Do it progressively! The idea is to test the waters first and to be aware, low to no risk strategy. Be pro-active and use any opportunity to engage a contact. Use the music rhythm and lyrics to your advantage.

Always engage the lone dancer first, no matter how hot or not she is. Build up your social proof and pre-selection on the dance floor by starting low and dancing with anyone. The women have to see you dance with other women. Then, progress to the pairs. If you're with a friend, you should engage them both. If you're alone, it's risky to start with pairs. Keep away from dancing groups. They are used to getting all the male attention.

The ones from the group that are interested will see you dancing with others. They will eventually separate from the group, and then it's time to go in. **The more women you're seen dancing with, the more will accept you.** So, build the ladder slowly. Firstly, dance alone, engage males, engage lone dancers, pairs, hotties. 😊

Bonus Expert Insight \_\_\_\_\_

## **How to Utilize Friends to Dance with the Girl You Want**

By the team of [housepartypua.com](http://housepartypua.com) the ultimate guide to social circle game

When women go out with their friends, they tend to create this illusion that their out to protect one another interest which means doing everything they can to cock-block on a guy that tries to dance with their friends. Some of the reasons why they choose to cock-block could be because for one, they are insecure of themselves, or use the classic line that “my friend has a boyfriend, therefore, you should back up and allow them to dance amongst themselves even though they are in an environment where there are several single people trying to dance.

Usually this is enough for a guy to want to back away, and maybe re-evaluate his options for the night. However, with the advice I offer you here, you should be able to utilize the friends of females to get to the woman you want.

Women tend to feel comfortable when a confident guy penetrate their circle. If you approach a group of girls with your target set on a female, and you come of as somewhat timid, it would enable the group to seal you off because “they came to dance amongst themselves”. Once you have your sites on the lady, I would open up a small conversation with the least attractive girl in the group, and would make her feel as special as possible to earn some cheap brownie points within the group.

## How To Pickup Women On The Dance Floor - DRH

After establishing yourself within the circle of friends, I'll dance with the girl I initially opened with, and dance one song with her.

After the song is over, I'll walk to the bar to grab a drink, which will give the ladies a short time to talk about how "cute he is" before coming back a bit more relaxed, and target the woman you initially had your eye on, and bring on that A game. Strong word of advice: as we stressed time and time again, use humour to loosen her up so she'll loosen you up where it counts.

## **The Only Antidote to Rejection on the Dance Floor**

If she rejects your approach, don't be fazed. Stay positive and make a mental note to come back later. Often after being rejected, if you come back later you will eventually get her to dance with you on your 2<sup>nd</sup> or 3<sup>rd</sup> approach. It happens to me every time!

Until you come back, you **MUST** continue to have fun! That's why making male friends ASAP when you enter the dance floor is vital. When you finally manage to dance with her, use my 3 songs escalation kiss close process...

## **Use This "3-songs escalation process" to Kiss Any Women on the Dance Floor**

Believe it or not but from my experience, I would say that from the moment you start to dance with a woman, you don't need more than three songs before kissing her which is something like 10 to 12 minutes.

### **1<sup>st</sup> Song**

You get to dance with her. Smile and be enthusiastic. Dance close for a while, then back off and dance a few feet away from her. Then get a little closer for a little longer, then pull away again, bodies apart at all times, besides hands for spins etc. Be animated, have fun and forget any outcome.



DO NOT become too serious, SMILE, be the same fun guy she was attracted to a few minutes ago, don't become overly interested and too serious.

### **2nd Song:**

Give her time and space to get used to your body being close to hers, make her feel comfy. At the chorus, hold eye contact and smile, then do some slow dancing.

Stare into her eyes in a loving way. Squeeze her hand and notice if she squeezes back. Then go back to the normal fun guy and keep a little apart, dance floor push pull.

### **3rd Song**

Dance close to her, slow dance regardless of the music. Lead her with your pace. Have strong eye contact and breathe normally. If things are getting really hot, decide to kiss test. Be confident and use this kiss-close technique from one of my mentors, Richard La Ruina aka Gambler.

Look into her eyes and take one hand and stroke her hair back right above her ear. If she holds eye contact with you, go in slowly and give her a smooth kiss, then pull away.

If she turns her head, kiss her cheek instead and then move onto her neck! She will usually turn around and kiss your lips. Don't lose eye contact, don't show disappointment if she rejects you. You can even expect some token resistance from her. It's a good sign though. Just continue and smile and have fun with her, then try again. Try 3 times, if she's still there with you and her body is close by, it means she just does not feel comfy to kiss on the dance floor, but it is definitely still ON. Ask her, if "*she likes to travel?*" when she says yes, say, "*let's travel!*". Take her by the hand and lead her to a couch/isolation spot for the kiss.

## 7 Secrets Dance Floor Game Techniques

If you use these advanced techniques correctly, they can produce explosive results for almost any type of situation.

**Secret Technique #1:** *How to have women grinding on you in the same time.*

It will make your shares jump dramatically in a club. Dance with one of the friends of a pair set. When the friend approaches, turn yourself around whilst holding your girl and face the friend and dance together with her close to her friend, thereby placing you in the middle of the sandwich!

**Secret Technique #2:** *Engage a woman who gives you distant IOI's*

Beckon her with your finger, she'll say "no", then smilingly take one step forward to her, showing her you're making a move towards her, showing

her, I've come half way, you match me. She'll usually reciprocate and come to you.

**Secret Technique #3:** *Attract her when she is dancing with another guy*

If she's dancing with someone but doesn't seem to be enjoying it use the *"this guy is perfect for you approach"*. Show with your fingers, pointing to him and her and make the fingers entwined sign, as if they are amazing together with an A1 sign. She'll then shake her head, like a "no/no". You then beckon her over, like described above.

**Secret Technique #4:** *Engaging women not dancing and alone.*

***"Teach Me How to Dance" opener:*** Ask her: "Teach me how to dance?" If she smiles, just lead and take her on to the dance floor.

***The challenge opener*** "So, do you know how to dance?" If she says "Yes". I then say, "Prove it! Let's go!" and take her by the hand and lead her onto the floor. If she says no, you say, "let me teach you", lead her just a few yards away on to the dance floor (not far which is too much commitment). If she says "What? Are you a good dancer?" You say, "oh no", and make a silly dance move, then drag her to dance.

**Secret Technique #5:** *Use to your advantage a woman rejecting a guy just in front of you.*

If you're with a friend and a woman rejects a man in front of you. You and your friend then look at her and laugh ironically at her: "Wahoo!! Well done!"

*This is the 4<sup>th</sup> one!!!*" (Show 4 with your fingers). If she laughs, then go and dance with her. If done properly, it will work every time.

**Secret Technique #6:** *Think long term and build your Heaven!*

Choose a club with music that you enjoy, close to where you live and with good people. Come back every week and forget about getting women. Try to know as many people as you can and always have fun and be friendly. After 6 to 8 weeks, you will be someone that everybody knows in the club and will be automatically socially proofed. Men will pay you for a drink and be happy to see you. Girls will jump on to your neck and dance with you every time. You will gain "star" status in that environment. I can guarantee you that this "star" status will help you get women faster that you can imagine!

Every time a new group of women come to the venue, you'll shine in their eyes and attract them naturally on the dance floor. It's better (and more easy) to be a "star" in a small local club than a "nobody" in a famous central club. You will get constant and better results over the long run.

**Secret Technique #7:** *The Ring Routine*

It's a technique that I use ALL THE TIME on the dance floor. It's very powerful because:

- its fun
- Anyone can do it
- It generates massive attraction in a few seconds

**You need:** A ring

I'm going to imagine that you just managed to get to dance with a lady. This is your first dance together. In the middle of the song, stop and look at her with a serious face (no threatening looks...).

Slowly take her hand and act like you're proposing to her with your ring.

Then stop everything and make a big NO-NO with your face like you mean: "*There is NO way that I'll marry a girl likes you!!!*" I can guarantee she will laugh and be shocked! Then hug her and keep dancing.

**Why it works?**

You create a **state break**. If she's used to clubbing, she is certainly on auto pilot while dancing with you. By doing this you engage her emotionally with a fantasy that every women have (being engaged) **but at the same time** you nicely *reject* her (push-pull effect)

You create complicity between both of you and you show that you don't take yourself seriously and you are cocky. It works EXTREMELY well with foreign girls (Eastern European, South American...). If English is not their first language it's a great way to connect with them without talking.

You'll get noticed by all the girls on the dance floor thereby increasing your overall chances of success during the evening. Don't do it more than one time in the same night. Keep it for a girl you really like.

Bonus Expert Insight \_\_\_\_\_

## **How to Escalate from Pure Dance Floor Game to a Verbal Conversation**

*By the team of [housepartypua.com](http://housepartypua.com) the ultimate guide to social circle game.*

To sum it up in one word, humor. I'm a huge fan of opening up the conversation with humor while dancing because bringing humor into the situation is a complete, total icebreaker to awkwardness you might have between yourself and your target. When you're just dancing things can get awkward because a lot of times if you dance with somebody and you really don't have much to talk about it can be kind of awkward for a second, you know, like "OK, where do we go now?" like "what's next?".

However if you're kind of funny and you say a few jokes then your target will soften up, put her shield down and enjoy your company and more importantly enjoy you as an individual. The best part about that is that you don't have to be the funniest guy in the world, you can use a lot of humor that deals with environment that you're in. For instance you can point to someone and say something like, "Hey, look at that guy, he really know how to move right?" pointing at someone dancing kind of awkwardly or you can slightly neg your target by saying something like "yeah girl, you got more

moves than what I expected, you can teach me a thing or two” because everyone is self conscious about how they dance.

Using humor can soften up the situation to a state where you can start talking to her and engaging her with more standard game. Using humor while dancing makes it a lot easier to esclate a verbal conversation after you move her off the dance floor.

## **How to Move the Relationship Forward Outside of the Club**

You may be wondering:

***After kissing a girl on the dance floor what do I do next?***

Relax and don't make out too much, no heavy make-out sessions, she thereby will not feel slutty and it will all be normal, that's why she'll see you again. Be cocky-funny (*"I'm going to charge you for these kisses"* for example) Leave her alone, have fun with your friends and then comeback. Don't change your attitude! Remember: **fun and friends first**. Just take some time to befriend her friends and build some rapport with her (there are enough materials out there that teach this, use what works best for you).

If the club is close to where you live, invite her and her girlfriend(s) over for a wine or to play "Who wants to be a millionaire" or whatever you have. She will agree more easily to come to your place if she is with her friends

than alone. Then 2-3 days later, just contact her to ask to meet her again at a location of your choice, preferably your place, to cook together, watch DVD, etc. However, if you feel that things are getting hot, just lead and propose to go your place to show her something. Tell them *“I like you, but no serious relationship is on the cards”*.

Bonus Expert Insight \_\_\_\_\_

## **How to Use Dance Floor Game in Bars**

By Craig of <http://www.doubleyourdating.com/> *Craig from Double Your Dating KNOWS what game is all about. Many of the underlying principles of Mystery Method and Double Your Dating originally come from him.*

Ever since I was on Elimidate people have been hounding me about my dance floor routines, so being the nice guy that I am I decided to type them up. Here you go guys. Enjoy. The dance floor is a huge part of my closing game and I hope this helps you guys out there.

### **Dance Floor Approaches**

When I first started going to clubs I used to see so much action going down on the dance floor that I thought that was where it was at. What I didn't realize is that most of the people that were making out on the dance floor had met off of the dance floor.



Since I didn't know any better, I put in a ton of effort to learn how to meet girls on the floor, but now I rarely use any of my techniques, since my other methods are more effective.

I've found that even the best dance floor approaches have a maximum 75% success rate. No matter what you do, what you look like, or how good of a dancer you are, you can expect to get rejected 25% of the time or more. Compare this to the success rate of going up to a girl at the bar and making her laugh and it's a no-brainer. Plus if you get rejected by a girl on the dance floor it lowers your chances of making something happen when you do see her again.

The skills to pull off a dance floor approach will still come into play in certain situations, like loud nightclubs, or a huge party atmosphere. I'm convinced that you can survive off of the dance floor alone on Spring Break Trips or in Las Vegas. This stuff is also great for the guys out there who are meeting girls that are under 21. These approaches are all you need to get the ball rolling with younger women.

### **The Butt Bump**

The Butt Bump is a very innocent opener and definitely has the highest success rate of the dancing approaches. When you are dancing next to the girl you like, stand side by side and start playfully bumping your butt against hers. Sounds easy, and it is. I've never done this without the girl cracking a HUGE smile and getting into it. They love it! After the third or fourth bump turn to face her...Hopefully she will do the same, and BAM! You're dancing!

You can also use the Butt Bump when you're standing next to a girl at the bar to start up a conversation, or to liven things up with a girl you are already dancing with.

### **The Asshole Dance Opener**

When I was younger I was very aggressive on the dance floor, and that is how the Asshole Dance Opener came about.

I was really tired of going to clubs and seeing the girls dancing together like lesbians. Most of the time when I would try to squeeze in between the girls would only get closet together and block me. More problems arose when I would try to dance with just one of the girls, because her friend would get jealous and pull her friend away.

My solution is field-tested and has good results if you have the right attitude. Save this technique for a really crowded dance floor. Make your way up to the girls without making any eye contact, and like an asshole motion with your hands for them to spread apart so you can get through. They will back away from each other, roll their eyes and think, "Who does this asshole think he is?" That's when you show them!

As soon as they spread apart, take one step so you're in between them, and start grooving like there's no tomorrow! If you do it right you will soon you will be freaking both girls to the amazement of anyone who's watching! Turn towards the one you want and let the other one grind on your back. It's great to be the man!

A more modest approach is to smile at them and say excuse me, yet still look like you are just passing through. Experiment with both and see what works best for you.

I will never forget the night I discovered this move. I was at a club and the dance floor was packed. After a short dance session I decided to grab another drink at the bar.

On my way off the floor I saw these two gorgeous girls dancing together getting super freaky. They had a tight circle of guys around them all TRYING to get a piece of the action, with absolutely no luck. I walked up said, "Excuse me", to the two schmucks closest to me and broke in with Asshole Dance Opener. It was awesome! I had ten chumps cheering me on, wondering how I did it, not to mention two fine girls freaking me from front to back!

### **Dance Floor Skills – What To Do When You Get There**

Dance floor skills are essential to any man's game, whether you are at a club or at a wedding. If you don't know how to dance I suggest you watch the movie "Save the Last Dance" and watch how the main character dances. Watch how he is always dancing to the beat and always in control, and practice! The time you spend dancing alone in front of your TV set will pay off, trust me!

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One thing that has helped my dance floor skills unexpectedly was a beginning swing-dance course in college. I only remember 3 moves but I use them all of the time! I definitely recommend you take a few classes if you are serious about being the man on the dance floor. It will really help your overall dancing skills, and I'm sure there will be one or two hotties in the class with you that you can practice on. No excuses!

Once you have to basic skills down, I highly recommend taking girls to the dance floor as part of your game. It's a great way to amp up the attraction.

One of my favourite moves is to say to a girl, *"So, do you know how to dance?"* If she says *"Yes"* I say, *"Prove it! Let's go!"* and I take her by the hand and lead her onto the floor.

They say that dancing is a vertical expression of a horizontal pleasure, and you will find that there is no better place to turn up the heat then in the middle of the dance floor.

When your getting down it's only natural to make lots of physical contact. Always remember the Double Your Dating 2 steps forward 1 step back principle. Get close for a while, then back off and dance a few feet away from her. Then get a little closer for a little longer, then pull away again. This REALLY drives the girls nuts.

If things are getting really hot, you can use the Double Your Dating kiss test. Look in her eyes and take one hand and stroke her hair back right above her ear. If she holds eye contact with you, go in slowly and give her

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a smooth kiss, then pull away. Say, "Yum...You're a good kisser!" and give her some more.

I used to go to a bar that would end every night by playing 2 slow songs. I knew exactly what time they shut down, and my routine was to bring a girl out onto the floor right before I knew they were coming up. That way when the slow song came on we were already out there! It was only natural for us to keep grooving to the slow music, and since I had already turned up the heat by grinding during the last few fast songs, it was very easy to start making out right there. I can't tell you how many women I got at this bar.

I recommend finding out which clubs do this and what time they shut down, and incorporating it into your game. It's a proven winner

Bonus Expert Insight \_\_\_\_\_

## **Hip-hop & Urban Dance Floor Game Tactics (Bumping and Grinding)**

*By Moreno*

A lot of PUAs out there are against dance floor due to the fact that they're not a good dancer. That's half true but it's not all true. You CAN do dance floor game even if you're not a good dancer. But to me there's a specific type of club in which you can just go in, pull a girl from the back and start to dance with her even if you didn't even asked her to dance.

Now I bet that you're very confused about what I'm talking about, you're probably thinking: "But doesn't this type of club game that you're talking about works in every type of club?" Well let me put it to you this way: Have you been to one of those trendy clubs, and you were on the dance floor and you were asking a girl to dance with you and she rejected you? Or did you try to dance with her and she just went away like you're some kind of creep?

Well, that's what I'm talking about. Dance floor game doesn't work in every type of club you go in to. Trendy clubs are not a good place to run dance floor game because the women are not really used to dancing with strangers. They get scared. They prefer to stay together. I remember I used to go to trendy clubs and I got rejected by a lot of girls because they're not used to the way they get approached by strangers. I did get lucky by looking for other girls to dance and they danced with me. But that was too

low. So in a way dance floor game CAN work but the chances are low that you're going to take it further.

Now back to the explaining. There's a specific type of club in which you can pull a girl without asking her to dance with you.

And these are:

- An urban club in which it has a "GHETTO" crowd.
- A club in which the music is so fucking loud you can't even hear yourself.
- A club in which they only give Hip-hop or Reggeaton.
- A club in which the whole club is the dance floor.

Now, these types of clubs are **ONE OF THE BEST WAYS** to run dance floor game. And why is that? Well, the answer is that these types of clubs are built only on dancing. Think about that. If you go to a trendy club, yes, they do have a dance floor in which you can dance, but that's not a club in which you can openly dance with strangers. It's more of a club to socialize and have a good time. But in an urban/Hip Hop club, it's only a club in which you can dance.

These types of clubs are one of the best ways to run dance floor game.

The answer is ANYONE CAN DO THIS and I mean ANYONE. Even an AFC can do this type of game. I remember I used to do this type of game when I was an AFC. One time I closed 5 girls!

Anyways I'm only going to explain the Hip Hop perspective of dance floor game because all you have to do is just bump and grind the girl. This works in any different club in which you can only dance. But I'm specifically talking about an urban/Hip-Hop club. I'm going to explain this step by step on how to do it.

### **Step 1 Come in with a smile**

Like Mystery said when you first enter the club, the game is on. ALWAYS AND ALWAYS comes in with a smile and high energy. If you don't have that high energy buy yourself an energy drink to get yourself hyped.

### **Step 2 Look at your targets carefully**

Be sure to look at the sets carefully. You'll find girls who're not dancing and you'll find girls who're dancing. When you see girls who're dancing. If you see girls who're dancing make sure it's only the group of girls who're dancing. If there's guy in the set don't approach. I repeat **DON'T APPROACH.**

Where I'm from, if you dance with a girl where there're guys in the group the guys will get pissed and will try to kill you. So don't do that!

### **Step 3 Going for the approach**

This is where you start to dance. Now there're 2 ways in which you can approach the girl. These are from the back or from the front. Let's start with



the back. All you have to do approach her from behind. It's that easy! Or you can grab her arm and pull her towards you.

Now approaching from the front. Approach her from the front and mimic her dancing. You don't have to be a skilled dancer to do this.

**NOTE:** If they reject you, simply move on. There're plenty of women to dance with. If they reject you, simply move on. There are plenty of women to dance with.

#### **Step 4 Always go Kino**

Remember when you're bumpin and grindin, always go kino. You're already going kino by touching your crouch to her ass. But make sure you take a little further than that. Like hold her hand and direct it to where you want it. Or stroke her hair. That's from behind. But if you dancing with her from the front try to touch her face for a moment and see if she likes it.

#### **Step 5 Try to leave a great impression**

Remember, you want to leave a great impression with her. The reason why I say this because 3 minutes later, she'll dance with another guy like it's just normal. Remember you don't want to be that typical guy she's dancing with. So make sure you leave a great impression.

For an example, try to do some negging if she touches a certain part of your body. Or if you're dancing from behind, tell her "*Is that the best you*

*can do? Come on! Dance harder!"* Or you can try this: And this is one of my favourites to leave an impression. Try to switch. Instead of her grinding you why don't you try to grind her? Trust me lots of girls laugh when I do this. And it's nothing because you're having fun.

### **Step 6 Going for the close**

Now after you danced with her for a good minute. Thank her for dancing with you. Like give her a hug (another kino). Or joke around with her.

Remember, you don't have time for small talk because the music is too loud that she won't be able to hear you. Just ask her for her number. After she gives you her number thank her again. Give her a kiss on the cheek and do the San Francisco Hand Shake.

If she rejects your offer, move on. Remember, this is a numbers game. you'll probably get like 3-5 numbers by following these steps. It's not that complicated.

And there you have it! Like I said, Urban/Hip Hop clubs are one of my favourite places and one of the most effective ways to run dance floor game. I mean these types of techniques in some way can work for other type of clubs. But ghetto clubs with ghetto are one of the best. So go ahead, go into one of these clubs. Unless you're too scared because you may get shot by one these girls because they're ghetto I hope these techniques were helpful to some PUAs out there.

Bonus Expert Insight \_\_\_\_\_

## Being a Buying Temperature Bandit (Advanced Dance Floor Game)

*By Heartwork from [www.theheartofseduction.com](http://www.theheartofseduction.com). Heartwork is a pick up prodigy who can dramatically improve you game.*

**Note:** This concept is not for beginners. It requires confidence, dominance, and a firm set of balls.

The three most common things I achieve from this technique are:

- 1) Super-Fast Make-outs
- 2) Immediate Isolations (And pulls)
- 3) Directly stealing girls from guys on the dance floor.

How often do you find yourself at a club, and the hottest girls are always grinding up against some big guy? It seems like these girls are impossible to approach let alone get time to talk to them.

Truth is... it could not be easier.

And here is how:

First thing you need to understand is what goes on while a girl is grinding with another guy.

As a girl grinds with a guy, her sexual state is skyrocketing and she is experiencing emotions that are very similar to sex. This is exhilarating for the girl and is the reason sometimes if you just walk by a girl on the dance floor, you become subject to her grinding up against you. This sexual state, combined with all the external stimuli and emotions make up what I consider to be “**Buying Temperature**” in a women.

As she is grinding with some random guy (or girl) her buying temperature is sky-rocketing but it is simply being attributed to the environment. It is not being linked to the person she is grinding with, it is just one big mess of good emotions floating in the girl.

This is good news for you!

The buying temperature that she is building can be stolen and directly applied to you. However, there is a particular mindset that needs to be in place before you start doing this.

I call it “The Bandit’s Mindset”

To be a Buying Temperature Bandit you need to be a master of your element. A “BT Bandit” has a particularly powerful and direct thought process.

It goes as follows:

**1) The girl you see is the girl you get.**

When you see a girl you want there is no thinking. There is no waiting. You have to approach that girl. But you are not going for the approach. You are going for the kill. That is the girl you are taking home. No excuses.

**2) Every set is a single set.**

You and her are the only people that exist in the interaction. To be a true bandit you know no obstacles. It does not matter how badass the guy she is grinding with is. He is simply an object that is pumping her buying temp to deliver it to you. She has no emotional attachment to the guy she is grinding with, why the fuck should you. He is non existent. Do not make eye contact, do not acknowledge his existence.

**3) There is only one frame.**

And it is the "Us-Frame". You and the girl are immediately working as a team the second you talk to her. No time to be combative. She wants you to steal her away and she is going to help you do it. If your vocabulary does not include the words "*Us, we, lets, and together*" when talking to girls...make the shift immediately.

**4) Everything is a window of opportunity.**

No time to wait for a chance to escalate. You must create your own windows. If she is in the same building as you, she might as well be there

to meet you. A bandit never lets a passing smile or even eye contact from a girl go without an approach.

## **5) Create your own compliance**

Everything she does is helping the interaction. Everything she does frames the interaction in your favour. A bandit rewards her actions with touch and attention to make the favourable action happen again and again.

These are more than “hokey inner game” mindsets. I will show you how each of these come into play when carrying out the actions of a BT Bandit. But first let me walk you through the actions of a Buying Temperature Bandit.

This is what you actually do to steal the girl.

### **1. Walk right up to girl**

1. Full eye contact, bandit mindsets in place, strong high energy state

### **1. Grab on shoulder or wrap arm around her waist.**

1. Pull her in towards you so she breaks contact with the person she is grinding with. (The buying temperature is now applied to you) Everyone else in the set is non-existent.

### **1. Us Frame with compliance**

1. This is when you open. I immediately make frame it like she is the one picking me up.

i. Ex. “I hope you are happy, you made me come all the way over here!  
Now we can talk” (Compliance + Us Frame)

1. Re-spike her buying temperature if necessary

1. Buying temperature makes girls putty in your hands. It easier to spike when it is already high. This is when you can spin her, high five her, and keep the heavy kino going. Escalation should be high.

1. Pick your close

1. If you have kept her buying temperature high you can go for the instant make-out. I will often “Us Frame” a little more by saying how awesome we are. This creates an even deeper reality that only exists between us and makes her forget about any surrounding people. If I know I can get the make-out for sure I will just pull her to an isolation spot. Continue escalating, make sure she does not break her sexual state, and set up logistics of an in-venue lay.

This whole technique also works if you see a guy gaming a girl and she is really into him. If you open with the bandit mindset in place, everyone else will be stuck in spectator mode. Even the guy with game will sit on the sideline as he watches all the work he just did become applied to you

Now time to put it all together:

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Here is a recent rundown of me stealing the buying temperature of a girl, and taking the girl away from the guy and off the dance floor and going for the pull.

*Heartwork:* I spot girl I want. She is grinding with a guy. She is looking around the dance floor, I can tell this is just a random dance encounter and she is mine for the taking. She looks in my direction, I don't even know if she looked at me, but now she sees me coming. (Mindset 1, 4, and 5). I walk up to her, keeping strong eye contact with her and get right in her space.

*Heartwork:* I grab her by the back of the waist and pull her into my wait. All her buying temp is thrown on me. She puts her arm around my back. I say *"You are super cute! But together, we are even cuter"*. (Mindset 2 and 3).

*Girl:* giggling Yeah! We are pretty awesome! She is already sucked into the Us Frame.

*Heartwork:* You know it! High five to spike her buying temp, I don't let go of her hand. I pull her hips closer into mine and get her facing me. This rewards her for being in my frame and picturing us together (Mindset 4 and 5). I got for the instant make-out, she jumps right in, all her buying temp is stolen and attributed to me. I then decide to pull her off the dance floor by saying *"This song is awesome! Woo! (Spike more BT) Let's go over here!"* I pull her off the dance floor.



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The line “*This song is awesome! Woo! Let’s go over here*” works because it is a logical cluster fuck.

If she likes the song and wants to dance to it and also realizes that I like it. She is not going to go into the “I still want to dance” objection mode.

Also just by yelling “Woo!” (Or some other nonsensical thing to show excitement) it takes the two of you out of a logical frame (Does not matter who does the “woo”, you are sharing the same frame). This makes her subjective to you moving her for whatever reason.

Pull her to a booth, get her on your lap, and continue escalation.

I will leave the logistics in your hands. Be the best bandit that you can be.

## **Dancing Styles Overview**

### **Salsa**

Salsa as a form of dance emerged from the Spanish speaking people of the Caribbean Sea. It has spread as the most elegant, romantic form of dance all over the world.

Salsa as a form of dance incorporates several influences of different cultures. The word 'salsa' is a Spanish word meaning sauce. The meaning indicates mixture. This genre of dance is a fusion of African and European influence of dance and music upon the original form of salsa steps that make the dance appealing.

This form of dance is popular throughout Latin America, United States, Spain, Japan, Portugal, parts of Italy. In fact salsa has a worldwide recognition.

### *Steps of Salsa*

It is a dance usually performed by two partners, though salsa recognizes solo dancing as well. The basic steps of all styles of salsa include 3 steps in each 4 beat measure. But while learning about this exotic form of dance we have to remember that salsa is not just a bunch of steps and patterns. It combines a lot of passion, along with the correct moves and timings.

The basic salsa steps consist of stepping to the side with the left foot and keeping the right in its place. Then, the next step consists of dragging the right foot towards the left. This process is repeated using the right foot.

The next step consists of bending back rightwards and stepping towards the left side. Then the right foot comes sliding towards the left. Then there is a spot turn is made by the man followed by a spot turn by the girl. While taking the turn, the man holds his partner's right hand with his left. The man turns his body counterclockwise, the girl steps across at the same time.

The step 'enchulfa' is followed where the partners switch places. The dancing partners cross and hold hands, right over left. At the end of this step the right foot crosses over to the left and the hands are placed to the shoulder. The last step of salsa being the most intimate one, is also named as 'brush hair' (carress).

## **Cuban Salsa**

Cuban salsa, as the name suggests, is the form of salsa dance, flavored with the essence of Cuban culture. It is a beautiful form of salsa where one step gracefully flows into another. It represents a mixture of cultures: the rhythmic beats of the African slaves and the sounds of the Spanish invaders.

### *It's Origin*

Cuban salsa is a relatively new genre of salsa, evolved over the last few decades. Its roots, however, stretch back to thousands of decades. It originated in the native land of the African slaves. The hunters and nomads used to enjoy dancing to their Gods and spirits (Orishas). They used to please the gods for mercy and for protection with the help of this dance. It is these African slaves who brought this dance to Cuba.

The body movements of salsa come from Son, and tell the story of Cuban rumba. The body movements are measured with optimum expression. The dancing partner's expression may range from being coy, to seductive and flirtatious. These, if performed properly, transforms the dance into delight and pleasure to the performers and the spectators.

### *Steps*

Cuban salsa is a dance for couples. It is a romantic dance and needs to be danced with both partners looking into each other's eyes. It is important to keep smiling and enjoying what one is doing. The steps include circular movement, not spins. The foot work has connection with the floor. It is danced over two bars, including 8 beats with a pause on the 4th and the 8th beat. The man starts with the left leg and the lady starts with the right leg. Since this is a couple dance, one should dance to his partner's ability.

## *Styles*

There are different styles of Cuban salsa. These are 1. rumba, 2. son, 3. rumba, 4. orisha, 5. reggaeton.

Cuban salsa, although it is of Afro Cuban origin, have spread beyond the boundaries of these two nations. Cuban salsa clubs are found all over the UK. People from all over the world have the desire to learn, practice and enjoy this form of dance.

## **Freak Dance**

Freak dancing is a form of art that is too expressive and suggestive in nature. In common parlance it is also referred as dirty dancing where two partners rub their pelvic portions with each other along with predominant movements of their respective hips. There are different variants of freak dancing but the most noted one is the Caribbean style.

The Caribbean use this form of dancing mainly during the carnival season and it has gained popularity across all ages and sexes.

Freak dance is mainly a wild form of dance where two partners sensitize each other along with the music beat in a particular fashion. The core idea is to rub the groin of one partner with the butt of other in a synchronous manner along with the music beat.

There are different forms of freak dancing which are as follows

1. Wave – In this form, grinding movements are used along with the music beats.
2. Side to side- This is the form of freak dancing where the dancers stand beside one another and move their hips in both clockwise and anti clockwise directions as per music beats.
3. Sandwich- Sandwich is a form of group dance where two or more individuals of the opposite gender press one individual of a particular gender from all sides. Then in that fashion, only they dance along with the music beats.
4. Vibration Gyration- This involves rapid shaking of the body to the beat of the music.

The beauty of freak dancing is that it is not only constrain to a particular type of music for example hip hop music. Freak dancing can also be done with other form of music provided the two dancing partners are at absolute ease with each other.

Some basic hygiene is to be carried out during freak dancing. You should not intake to much of fluid before the dancing. Secondly, this being an intimate dance you should always draw a limit for yourself considering the fact to what extent you are comfortable with your partner. It is absolutely fine for you to walk away from the provocative dancing steps if you are not comfortable at all.

Though it seems that this form of dancing is very exciting it has its own limitations. It is not appropriate for all cultures. Rather it is very limited to some particular social class. Because of its controversial style, debates

have already arisen regarding its usage in school colleges and bachelor parties.

Therefore, this is completely the onus of an individual of how to use freak dance, where to use freak dance and to what extent it can be used. Because at the end of the day you expect a form of dancing to be beautiful rather than being vulgar. and freak dancing is not an exception.

### **Hip Hop Dance**

Hip hop dance is a form of dance that first started in the early 70's. This is a western dance but it took the world by storm just because of its sheer exuberance. It was popular in all the social circuits but primarily it was the dance of the socialites. This form of dancing was an integral part of the club culture during the contemporary 70's.

You have to be very particular about the dress and shoes that you use while dancing the hip-hop style. In order to do hip hop dance you need to have a good figure and also strong muscle power. You need to warm up before you start the hip hop dance. It will increase your stamina.

Warm up session will also help you to move your body freely and will save you from any major injuries. There are various styles of hip hop dancing. Some are locking, contemporary, break dancing, popping and industrial type hip hop. You have to be fit enough to perform a hip-hop dance.

Hip-hop dance includes many body movements. So in order to do a hip hop dance you need to have a flexible body. Hip hop dance do not need any formal training. The body movements also include the jumps, rotations and the breakages. This together combined to make the hip hop form of dancing. There are different styles in hip-hop dancing also.

One of the styles is square side hip-hop dance. You can learn hip hop dance from the experts. Online classes are there which will teach you all the styles of hip hop. Dance schools are also there in different places where we can learn this form of dance.

Hip hop is something that can be learnt if you watch it, you will definitely get to know the style and will be able to perform. Now a day the originality of the hip hop dance is fading. Many people have changed the methods and ways of dancing.

Chest movement is very much predominant in this dancing style. The chest is maneuvered in a particular style that tends to seem that particular portion of the body is popping out and this is called chest pop. Then there is body roll where the toes are crossed and body seems to roll in a delicate fashion.

So in a nutshell, you can say that hip-hop dance is not like other traditional dances with delicate moves. Instead of this, it is a form of art, which requires a very high level of skill set as far as body structure and body posture and stamina.



## **Grinding Dance**

Grinding dance is a very hot form of dance. Young generation would love to do this kind of dance. It is a close dance that you can do with your partner. It is more popular in United States. First, you need to find for a partner who will be there with you through out the dance. You have to be very careful about sweating. You should not exert so much that you start sweating. This can act as a major turn off. Always apply deodorant before dancing.

You can also put some mint or chewing gum into your month so that you can keep your breath fresh. You have to be very careful about the grinding dance. You should not go so fast or too slow this may act as a disadvantage. Grind dance is all about moving your hips.

The most important prerequisite of a grind dance is that both the partners should have a good body so that this form of dancing art looks good. Both the partner should be comfortable with each other and they should have great aesthetic sense. This is because the idea is not to portray this dancing art as dirty rather than the core idea is to depict this form of dancing as very intimate.

This is the sole reason why this dancing has gained popularity amongst teenagers in the west specially USA. This form of dancing has gone well with the western teenagers to such an extent that they even do not mind to imbibe this expressive form of art in their day-to-day cultural activities.

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You should dance with your counter part in a manner as if you two are the only soul in love in the dancing floor. You have to keep in mind that sexual behaviour and seductive postures should be avoided to give a clinical finish to this dancing form. Grinding can be of two types. The person can hold you from the back as well as from the front. Holding from the back is much more popular than holding from the front.

In this form of dancing, you will only have to move your hips and not your shoulder. You should always follow the rhythm. Never go offbeat. Always mind your feet while dancing and never step on the feet of your partner. This may hamper your dance. Do not try to be sexy at first. Make yourself comfortable and then you can start the moves. Thus, there are various ways to do grind dance and it is very entertaining.

# **How to Pick-Up Women on The Dance Floor**

*Secrets Revealed*

**Updated Edition**

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