

# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "How do I '69' with my guy?"

**Q** What exactly is "69" and how do I do it?

**A** "69" refers to the carnal configuration that allows you and your man to give each other simultaneous oral action. It's called "69" because of the way it looks when you and your man match your mouths to each other's genitals. And, while it may take a little more coordination and confidence than other bedroom moves, the effort is usually worth it.

There are a few ways to tackle this maneuver. If *you* want to control how much pressure you receive, try the girl-on-top position. Straddle your guy's chest, facing his toes, lean forward and straighten out your legs, so you have easy access to his below-the-belt area and he has access to yours. Another way to get into this pose is to have your man lie across the width of the bed with his head hanging slightly over the edge while you stand on the floor over him. Start kissing his mouth, then crawl over him onto the bed, licking your way down from his chest all the way to his groin until you're both in the mouth-to-genitals position.

If being on top gets a little tiring, or you just want to give your guy the randy reins, lie back and let him straddle you. One of the advantages of this pose: Your hands are free to titillate him even more. So, gently fondle his shaft, testicles and perineum -- the nerve-packed stretch of skin between his butt and balls -- in conjunction with your mouth moves and you'll send currents of pleasure coursing through his bod.

Finally, there's the side-by-side pose, where you both lie of your sides facing each other, with your mouths directly in front of the other's genitals. If you bend your top legs at the knee and put your feet flat on the bed, you can use each other's lower thighs as a cushion to rest your heads.

All these positions might take a little maneuvering. The trick is to experiment until you figure out what works best for both of you. Also, don't freak if your erotic endeavors don't result in the most amazing orgasm ever. Some people find it difficult to concentrate on their own pleasure while focusing on their partner. If that's the case, just enjoy the act for what it is -- an incredibly sexy, intimate way for you and your man to connect and turn each other on.

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