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EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do I do the reverse cowgirl?"

Q I want to try the reverse cowgirl position with my boyfriend, but I'm not quite sure how to do it. Any tips?

A Have your guy lie on his back and, facing his feet, straddle him with your knees on either side of his hips. Or, if it's more comfortable, squat over him with your feet flat on the bed. When he's nice and hard (and you're well lubricated), place one hand on the bed or his legs to steady yourself, as you hold the base of his penis with your other hand, and slowly lower yourself onto him.

Once he's securely inside of you, start moving up and down, using your leg muscles to build momentum. You can help maintain your balance by placing your hands in front of you (on his legs or the bed), or reach back and put your hands on his thighs. One of the major perks of any girl-on-top position: You're in control, so mix things up and do whatever feels best. You can vary the speed and depth of penetration. Or play with your movements by gyrating back and forth or in circles instead of just up and down. At some point, try arching your back, which allows his member to stimulate your G-spot. And, since you have easy access to your clitoris, give yourself a hand if you need it.

Reverse cowgirl offers some benefits for your man as well. For starters, he gets some sweet eye candy with that amazing view of your butt. And you'll really turn him on if you play with his testicles as you grind him. Guys also get off on females taking charge, but that doesn't mean that you have to do all the work. If you start getting tired, have him wrap his hands around your hips to help with the thrusting. But make sure you don't bounce too hard or lean too far forward, or you could cause some serious damage to his manhood. And if he happens to slip out at any point, simply put him back in and keep going.