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EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do we have sex standing up?"

Q In movies, couples always have sex standing up, but I have never been able to do it right. Could you give me some pointers?

A On the big screen, standing sex may look sensational, but those steamy scenes generally take many staged attempts to look seamless. For real people, an upright union can be challenging because it requires coordination, strength and balance. But, while it may not be the easiest stance to maneuver, it deserves an Oscar for Best Spontaneous-Sex Pose. Plus, face it: The more moves you master, the hotter your lust life will be.

Stand-up sex works best when you're close to the same height, so if your guy's got a few inches on you (or vice versa) stand on a step or something sturdy so you're eye-to-eye. Facing each other in a loose embrace, have your man bend his knees to slightly lower himself so he can enter you, and then slowly rise.

To experience sensations that'll make you soar, lean back slightly so his pelvic bone presses against your clitoris during each thrust. If you crave deeper penetration, try standing on one leg and hooking the other around his. Have him hold onto your suspended thigh to help support you. You won't have much movement, but he can add subtle shifts in motion by rocking you back and forth.

If you're a lightweight, or he has Herculean-like strength, there's a step-free way to navigate this perpendicular position: Put your arms around his neck, have him lift you by holding onto your thighs or locking his hands beneath your butt, and wrap your legs around his hips. You'll make the position less strenuous and be better able to synchronize every move if you lean against a wall or other solid surface.

For even more vertical variety, stand with your back to him, bend at the waist, and have him enter you from behind. Not only will he be able to achieve scuba-deep penetration, but his hands will be free to titillate the rest of you.

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