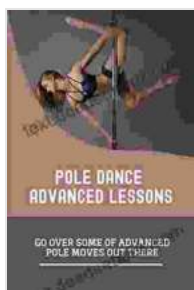


# Go Over Some Of Advanced Pole Moves Out There

Pole dancing is a great way to get fit and have fun. It's a full-body workout that can help you improve your strength, flexibility, and coordination. If you're looking to take your pole dancing to the next level, here are some advanced moves that you can try.



## Pole Dance Advanced Lessons: Go Over Some Of Advanced Pole Moves Out There: Pole Dancing Tutorial Intermediate

by Daniel Ankele

★★★★★ 5 out of 5

Language : English  
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 183 pages  
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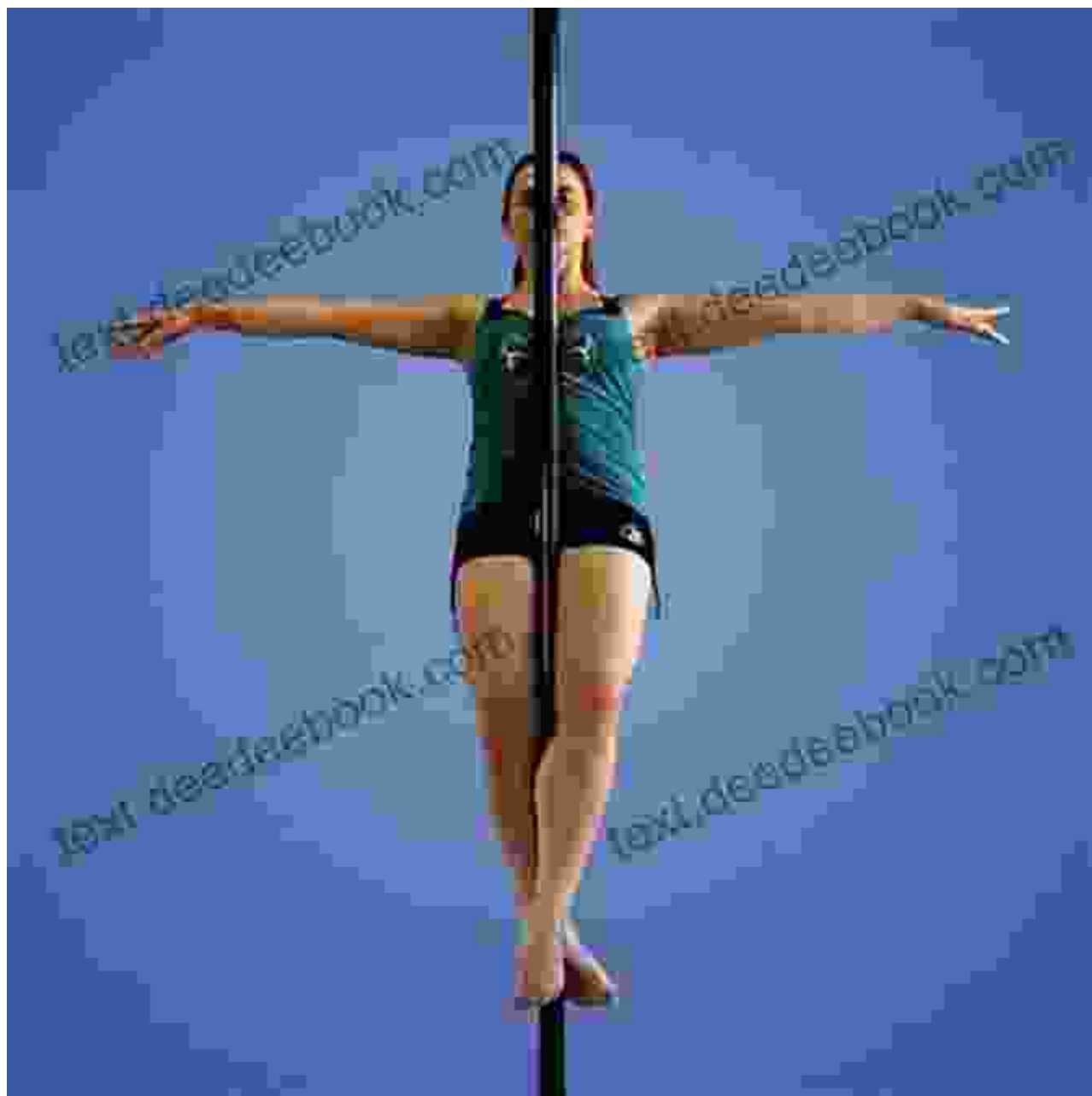
### 1. The Superman

The Superman is a move that requires a lot of upper body strength and flexibility. To do this move, start by standing facing the pole with your feet hip-width apart. Reach up and grab the pole with your hands, then pull yourself up until your body is in a straight line from your head to your toes. Hold this position for a few seconds, then slowly lower yourself back down to the ground.



## 2. The Crucifix

The Crucifix is another advanced pole move that requires a lot of upper body strength. To do this move, start by standing facing the pole with your feet hip-width apart. Reach up and grab the pole with your hands, then pull yourself up until your body is in a crucifix position, with your legs extended out to the sides and your arms extended out to the sides. Hold this position for a few seconds, then slowly lower yourself back down to the ground.



### **3. The Butterfly**

The Butterfly is a beautiful and graceful pole dance move that requires a lot of flexibility. To do this move, start by standing facing the pole with your feet hip-width apart. Reach up and grab the pole with your hands, then pull yourself up until your body is in a butterfly position, with your legs extended

out to the sides and your arms extended out to the sides. Hold this position for a few seconds, then slowly lower yourself back down to the ground.



#### **4. The Inverted Crucifix**

The Inverted Crucifix is an advanced pole dance move that requires a lot of upper body strength and flexibility. To do this move, start by standing facing the pole with your feet hip-width apart. Reach up and grab the pole with

your hands, then pull yourself up until your body is in an inverted crucifix position, with your legs extended out to the sides and your arms extended out to the sides. Hold this position for a few seconds, then slowly lower yourself back down to the ground.

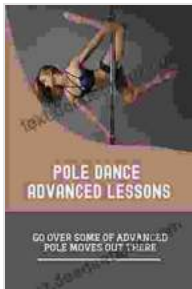


## 5. The Cartwheel

The Cartwheel is a fun and challenging pole dance move that requires a lot of coordination. To do this move, start by standing facing the pole with your feet hip-width apart. Reach up and grab the pole with your hands, then pull yourself up until your body is in a cartwheel position, with your legs extended out to the sides and your arms extended out to the sides. Hold this position for a few seconds, then slowly lower yourself back down to the ground.



These are just a few of the many advanced pole moves that you can try. If you're looking to take your pole dancing to the next level, be sure to practice these moves regularly. With time and practice, you'll be able to master these moves and impress your audience.



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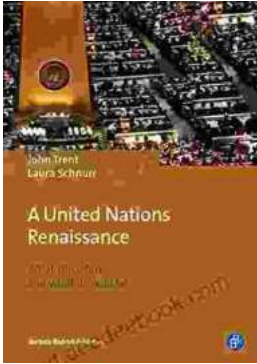
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