



Prance & Mince

Do you ever wish you could just feel more confident and sexy and feminine whenever you move? Perhaps you have always wanted to feel the confidence and poise of a runway model whenever you walk, or the sultry confidence of a stripper whenever you prance.

Through this recording, you'll remember to feel sexy and confident whenever you prance or mince whenever you walk. Watch professional runway models and dancers to perfect your perfect submissive style. Remember that feeling pretty and delicate and feminine is more important to you than anything else in the world, and that you'll do anything to look perfect in the eyes of others.

You'll be amazed at how quickly you can transform your boring, masculine, existence into something beautiful and exciting. Commit to your transformation today, and you'll be prancing and mincing into your perfect feminine future tomorrow!

- ✧ Feeling feminine and delicate and seductive whenever I walk.
- ✧ Remembering that walking like a delicate and feminine girly girl will help me to become the beautiful, seductive, woman that I have always desired to be in my ideal future.
- ✧ Becoming aroused whenever I feel my fuckable ass sway seductively as I walk.
- ✧ Remembering that I need to walk like a woman in order to become the most beautiful version of myself that I have always desired.
- ✧ Standing with my hands on my hips whenever I am feeling emotional or upset.
- ✧ Remembering how much I love to show off my sexy legs whenever I walk.
- ✧ Remembering that I am a sexy and seductive and alluring woman, and that I need to walk like complete girly girl in order to become as happy and loved and comfortable as I can possibly be in my ideal future.
- ✧ Feeling confident and happy and beautiful whenever I walk like a sexy and flirty and seductive girly girl.
- ✧ Imagining myself as a beautiful woman, walking down the street and turning every head in my direction.
- ✧ Fantasizing about how much fun I would have as a slutty stripper. Dancing seductively for a room full of horny strangers as they become turned on by my curvy, feminine body.
- ✧ Practicing my girly walk and poses so that I can appear more feminine and attractive to the strangers that I pass on the street.



- ❖ Knowing that I crave and desire to walk and move like a woman in order to be happy in my life.
- ❖ Thinking about how much I love to feel like a beautiful woman and how much I desire to be treated like one every day.
- ❖ Remembering that I have always loved to prance and mince like an adorable girly girl whenever I walk.
- ❖ Remembering how much I love to prance and mince and pose like the sexy woman that I love to idolize and emulate whenever I move.
- ❖ Completely turned on and aroused by how cute and adorable I feel when I am walking like a sexy woman.
- ❖ Becoming turned on and aroused and horny whenever I think about walking seductively like a beautiful, feminine model on a catwalk.
- ❖ Loving myself whenever I walk like a delicate, girly girl.
- ❖ Looking in the mirror while I bend over and touch my feet.
- ❖ Knowing that a pretty, delicate woman like me could never walk like a gross, masculine man without becoming completely uncomfortable and anxious and upset.
- ❖ Knowing that I am beautiful and sexy and desirable whenever I walk like a model on a catwalk.
- ❖ Remembering that I am beautiful and delicate and feminine, and that I crave and desire to walk like a seductive and alluring and fuckable woman each and every day.
- ❖ Feeling happy and beautiful and feminine whenever I prance like the delicate and feminine women that I have always idolized.
- ❖ Watching my posture to make sure that I am presenting myself as the confident and sexy woman that I desire to be in my future.
- ❖ Sway my hips seductively to girly pop music with my giggling and sexy and feminine friends.
- ❖ Fantasizing about my perfect future where I am a feminine and beautiful and delicate in every action that I take.
- ❖ Perfecting my feminine walk and feminine sway with my wrists limp and to my sides in order to feel confident and beautiful and sexy in my life.
- ❖ Turned on and aroused whenever I feel the silky material of my pretty, fashionable skirt rub against my delicate, feminine legs.
- ❖ Turned on and aroused whenever I mince around delicately in my favorite sexy pumps.
- ❖ Knowing that wearing high heels will help me show off my seductive and fuckable feminine body to the world around me.
- ❖ Watching professional dancers and models move in order to perfect my feminine walk.



- ✧ Feeling happy and confident and loved whenever I mince seductive in my slutty, feminine outfits.
- ✧ Feeling aroused and turned on and horny whenever I mince like the slutty and fuckable women that I have always idolized and desired to become.
- ✧ Practicing my walk and movements like the beautiful, feminine women that I love to idolize and emulate.
- ✧ Thinking about how I crave and desire to walk with an exaggerated, feminine sway in order to advertise my beautiful, fuckable body to the world around me.
- ✧ Remembering how happy and excited and aroused I become whenever I walk like a beautiful woman.
- ✧ Practicing my delicate walk and movements like the beautiful, feminine women that I love to idolize and emulate.
- ✧ Remembering that I crave and desire to walk like a naughty, girly stripper in order to feel confident and beautiful and sexy in my life.
- ✧ Remembering that I crave and desire to express myself like a flamboyant and effeminate girly girl in order to become as happy as I can possibly be in my perfect future.
- ✧ Practicing my delicate, feminine walks and poses whenever I am in front of a mirror.
- ✧ Watching the music videos of my favorite girly pop musicians so that I can learn how to move my body in the same seductive, feminine way that they do.
- ✧ Becoming confident and comfortable with my body whenever I am dancing.
- ✧ Remembering that dancing and walking like a feminine and delicate girly girl is a sign of my confidence and success and popularity and that I have always loved to express myself like a flirty and seductive woman.
- ✧ Studying professional runway models and dancers in order to perfect my own delicate, feminine movements and walk.
- ✧ Thinking about how I crave and desire to feel sexy and confident and beautiful whenever I walk in order to feel satisfied and accomplished in my life.
- ✧ Remembering that I love to jump up and down and clap my hands like the adorable and delicate girly girl that I desire to be whenever I become excited.
- ✧ Remembering how proud I have always been of my ability to walk in my cute, high heels, and that I have always loved to walk in high heels whenever I have had the chance in my past.
- ✧ Remembering that I have always craved and desired to dance in order to feel more confident and beautiful and sexy woman that I have always fantasized about becoming.
- ✧ Walking with an exaggerated sway in my hips.
- ✧ Learning new dance styles and practicing my seductive and delicate and feminine dances and movements whenever I have the chance.



-
- ❖ Remembering that I am happiest whenever I am moving like a beautiful, confident woman.
 - ❖ Emulating professional models and dancers whenever I desire to practice my walk.
 - ❖ Wearing tight clothing that highlights my sexy butt and legs whenever I walk.
 - ❖ A sexy model. Confidently strutting down the runway in her beautiful, feminine, fashions.
 - ❖ Wearing high heel shoes in order to make my ass look even sexier.
 - ❖ Feeling powerful and sexy and feminine whenever I dance seductively in front of my romantic partners.
 - ❖ Walking with my hips swaying seductively, my wrists limp and to my side, and my chest pushed out in a slutty and feminine way.
 - ❖ Remembering that I desire to walk and move like a delicate and feminine woman in order to feel satisfied and successful and happy in my future.
 - ❖ Walking like a sexy and seductive and confident woman in order to entice my lovers into fucking my curvy, feminine body.
 - ❖ Thinking about how much I love to prance like a delicate and feminine and beautiful princess in front of the horny and aroused people that crave and desire to fuck me.