

Dating Advice: How to Make the First Move (Women's Edition)



By [Joshua Pompey](#)

The person sitting across from you is cute, charming, and you just can't seem to stop thinking about going in for that first kiss. But the question many women have is how to you make the first move? Truth be told, the first move shouldn't just happen at the end of the date. It should be the result of many small moves that occur over the course of a first date, eventually building to that first kiss by the end of the night. So before you make the first move at the end of your date, the following [dating advice](#) will help you to make the transition much easier while avoiding relationship problems.

Dating advice that will help you make the first move like a pro!

1. Playfully touch your date's arm when you laugh. The idea is to slowly build up comfort as the [date night](#) goes on. If you go straight in for a kiss at the end of the night without any prior touching, it will likely feel forced and awkward. With playful and innocent touches to your date's arm when you are making a point, laughing, or just having a fun conversation, he or she will slowly get used to your touch.

2. Slowly progress to more intimate touches. Once your date gets comfortable with casual touches to the arm, it's okay to move towards slightly more intimate touches like a brief hand hold, or even grabbing his leg for a second or two when making a point before letting go. Remember though, keep it casual. These touches shouldn't feel overwhelming or sexual. The last thing you want to do is start sensually rubbing his leg on a first date! Just get the other person used to your touch and keep building those comfort levels.

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3. Keep the date fun, relaxed, and interesting. Your date may start getting used to your touch, but if he or she is not having fun and doesn't feel relaxed, then their will be little desire for a kiss at the end of the night. So my top [dating tip](#) is to make sure you and your date are having a good time. Fun should be prioritized above all else because it will set the tone while you prepare to make that first move.

4. And now it's the end of the night. It's time to make the first move! So what do you do next? Well, if you had a great date and followed the dating advice above, odds are you won't even have to. Your prior work will lead your date to make the first move for you. But assuming you still have to make the

first move, let your date know with your eyes and smile as opposed to with your words. Wait for the visual cues, and if they clearly look like they are thinking about kissing you, go in for an innocent kiss on the lips, and pull about an inch or two away slowly. If your date is into it, he or she will almost certainly lean back in for some more fun.

At the end of the day, it's all about confidence and creating the physical comfort with another person. Establish that comfort along with a fun first date night, and a first kiss will be completely natural when the time comes.

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