

# Celebrity News: Cassie Randolph Defends 'Bachelor' Colton Underwood After He's Deemed a Bad Kisser on 'BiP'



By [Katie Sotack](#)

Reality TV show [Bachelor in Paradise](#) brings all the drama. This Monday, Colton Underwood came under attack for his less than par kissing abilities. Cassie Randolph hopped to her man's defense with a tweeted gif of the two locking lips and the caption, "Kiss me dammit you good kisser you". According to [EOnline.com](#), Derek Peth posed the question to the *BiP* girls about their worst kissing experiences. Sydney Lotuaco, Caitlin Clemmens, and Tayshia Adams all agreed Underwood's skills could use some work.

In [celebrity news](#), Cassie Randolph

# is standing by her man's kissing skills. What are some ways to learn how to kiss better?

## Cupid's Advice:

The date's going really well, and you can see a future with this one. They're attractive, smart, and hilarious, but then the end of the night comes. They lean in for you, and you find that they kiss with all tongue and teeth. Fear not! All that first date potential isn't wasted on your ideal partner's worst kiss. Here are some ways to improve:

**1. Take cues:** Your partner will kiss how they want to be kissed. Note the subtle movements of their lips and tongue and whether they apply a lot of pressure or a delicate touch. Take cues from their style, body language, and sounds on whether or not you could up your game.

**Related Link:** [Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts](#)

**2. Use bodies:** A great kiss should inspire your whole body, not just your mouth. Use your physical being to your advantage by working in hands. Grip their waist, tangled their hair, cup their face, etc. There's a million and one ways to set your partner's nerve endings on fire, the lips are only one aspect.

**Related Link:** [Celebrity Break-Up: 'Bachelorette' Alum Jordan Kimball is Using Dating App After Split from 'BIP' Love Jenna Cooper](#)

**3. Avoid repetition:** It may be tempting to stay in on place when your nervous for a kiss, but make sure to spice it up. Move your head and hands to create an unexpected experience for your partner. Great kisses are all about surprises.

**What's your go to kiss move? Share in the comments below!**