

[betterwaifu.com /blog/ai-pose-prompts](http://betterwaifu.com/blog/ai-pose-prompts)

Guide to AI Pose Prompting (NSFW)

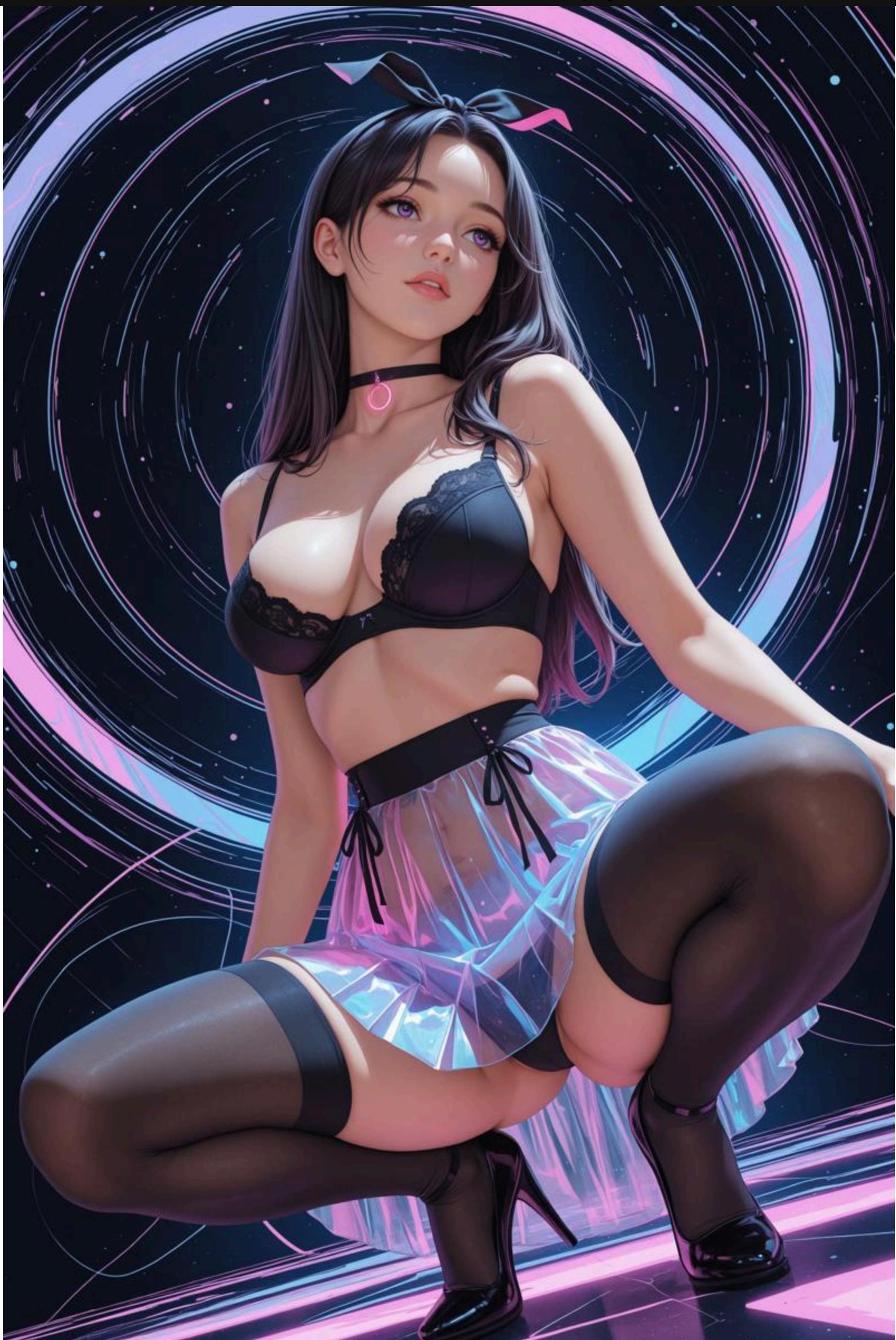
BetterWaifu Team : 4-5 minutes

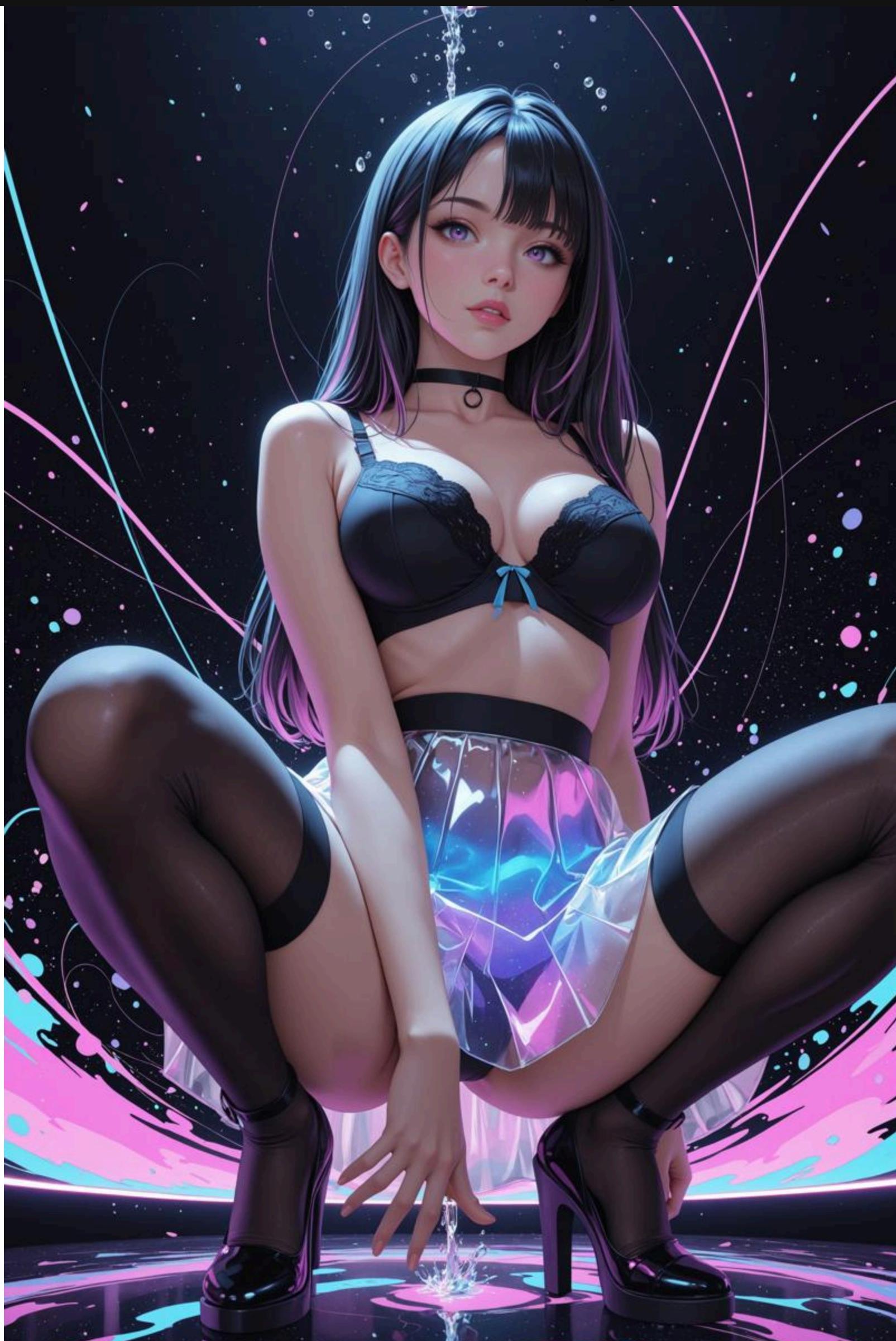
This guide was created to bring inspiration to this visual vocabulary. There is a short description for each pose so that you can connect the word to the image more intuitively.

Whether you're generating images or just exploring, Feel free to use this as a reference to spark ideas and add variety to your creations!

crouching

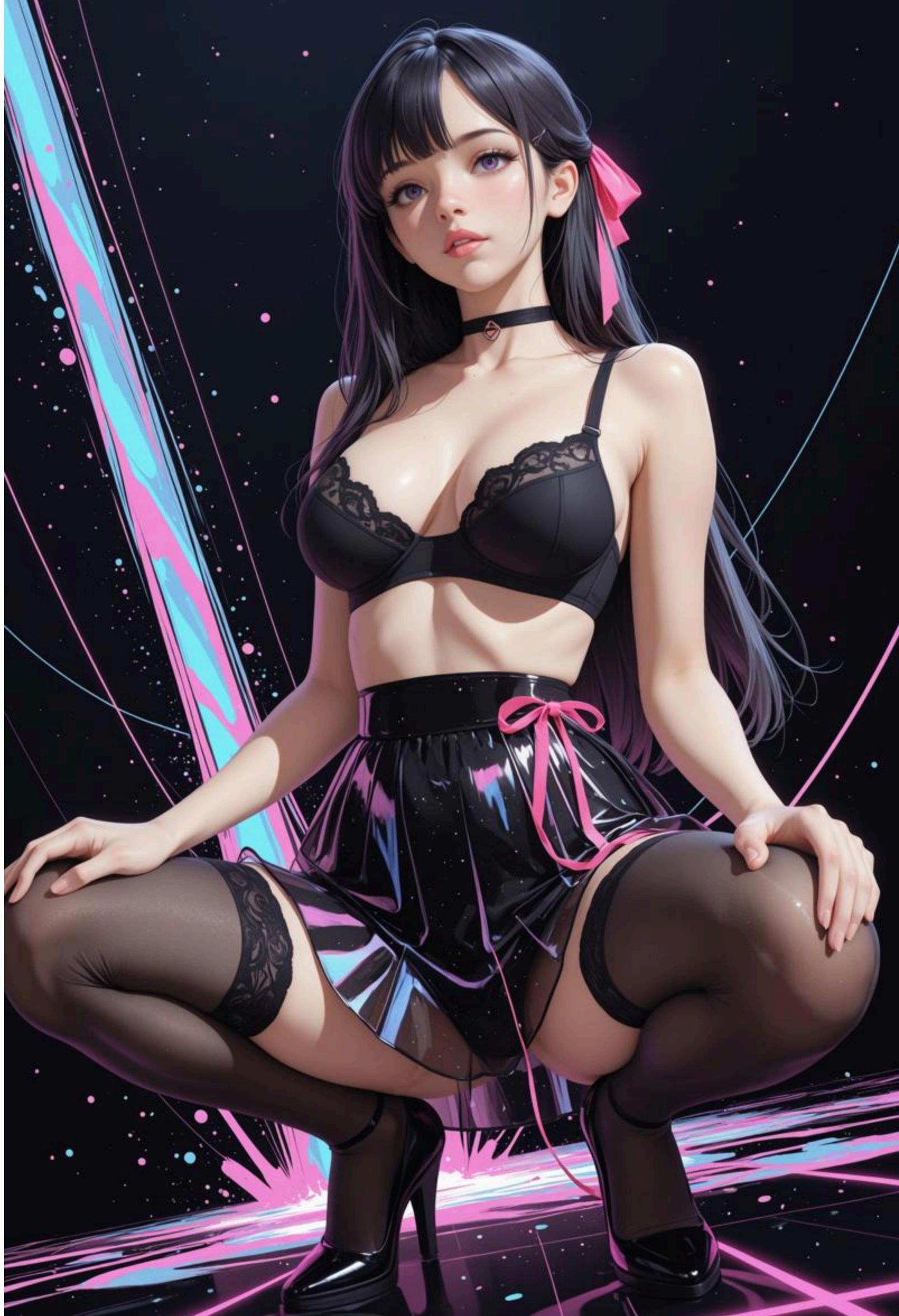
Down low with the body close to the ground, knees bent, usually heels up-like you're ready to spring or sneak.



**squatting**

Knees bent deep, heels on the ground, body centered ~ classic squat position, grounded and balanced.





low_squat

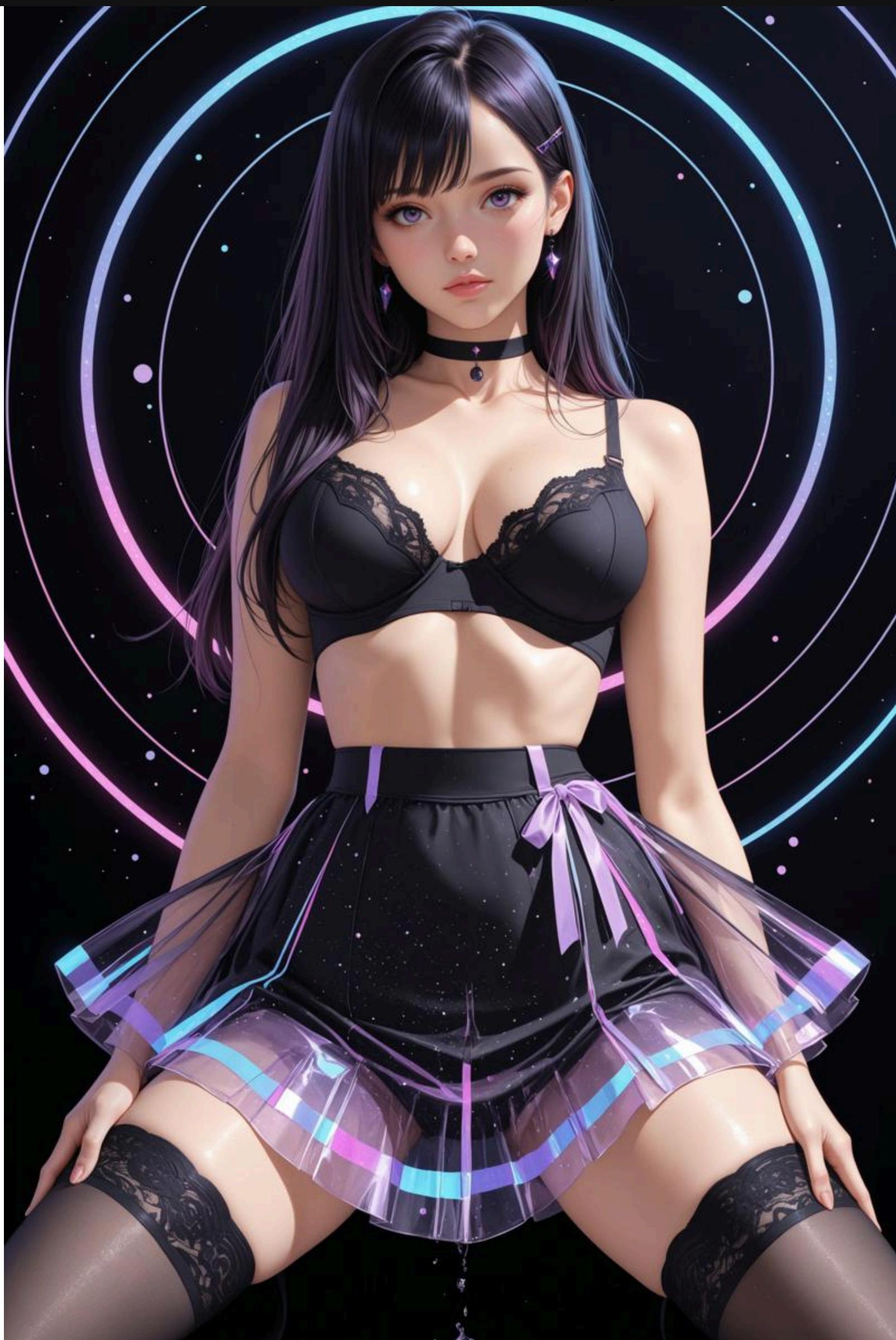
An even deeper squat, often with the hips almost touching the ground ~ legs open or closed depending on the mood.





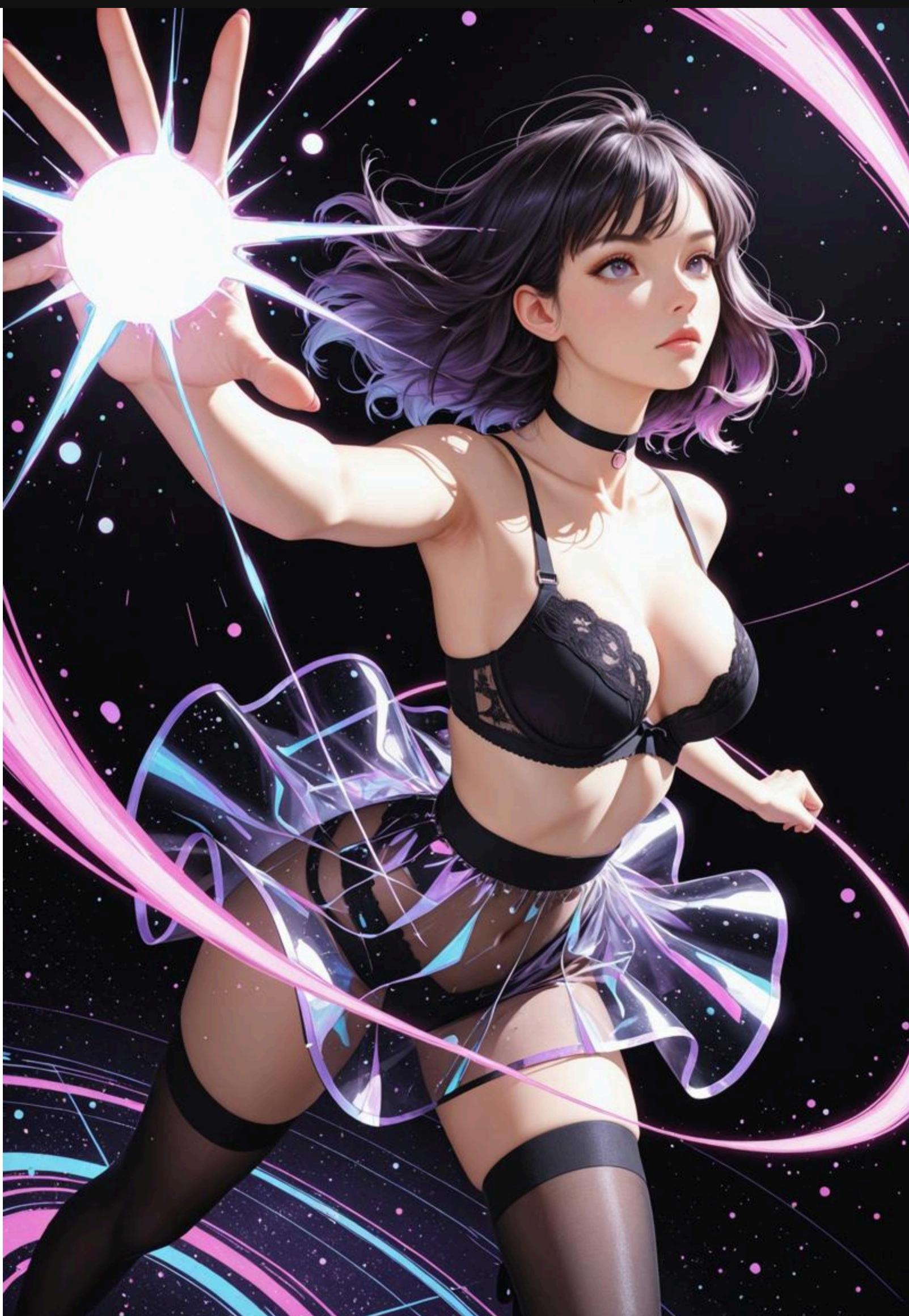
legs_apart

Standing or sitting with a visible gap between the legs—confident, grounded, open stance.



**wide_stance**

Feet planted far apart ~ strong, powerful, like taking up space on purpose.





knees_up

One or both knees pulled upward ~ can be seated or lying down, adds energy and focus to the legs.





one_knee_up

One knee is raised, often while sitting or leaning—adds dynamic lines and a casual tension.



**one_knee_on_the_ground**

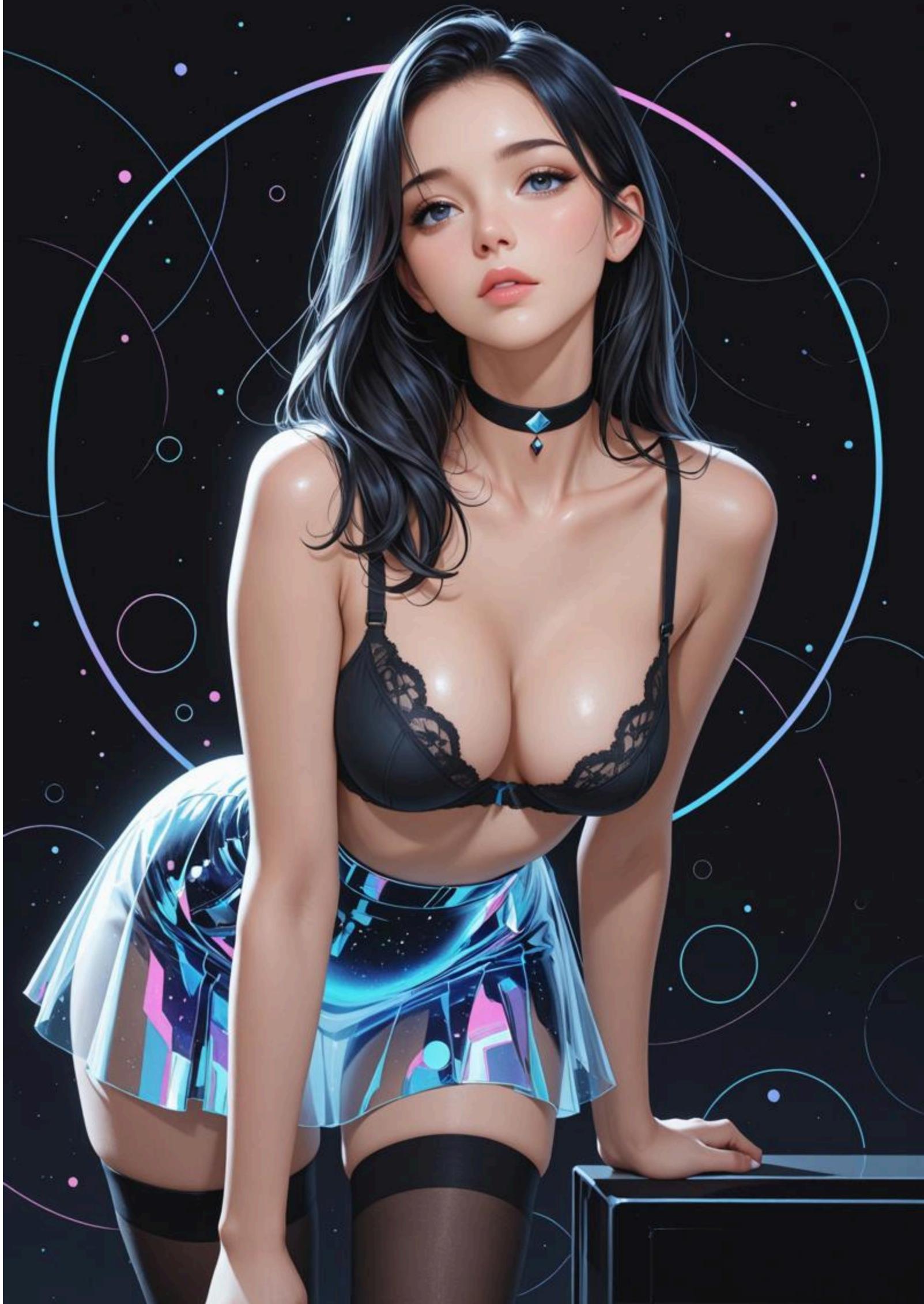
One leg down, one up ~ like a proposal pose or a lunge, adds asymmetry and balance.





leaning_forward

Upper body tilts toward the camera or viewer ~ can feel inviting, intense, or intimate.





hand_on_knee

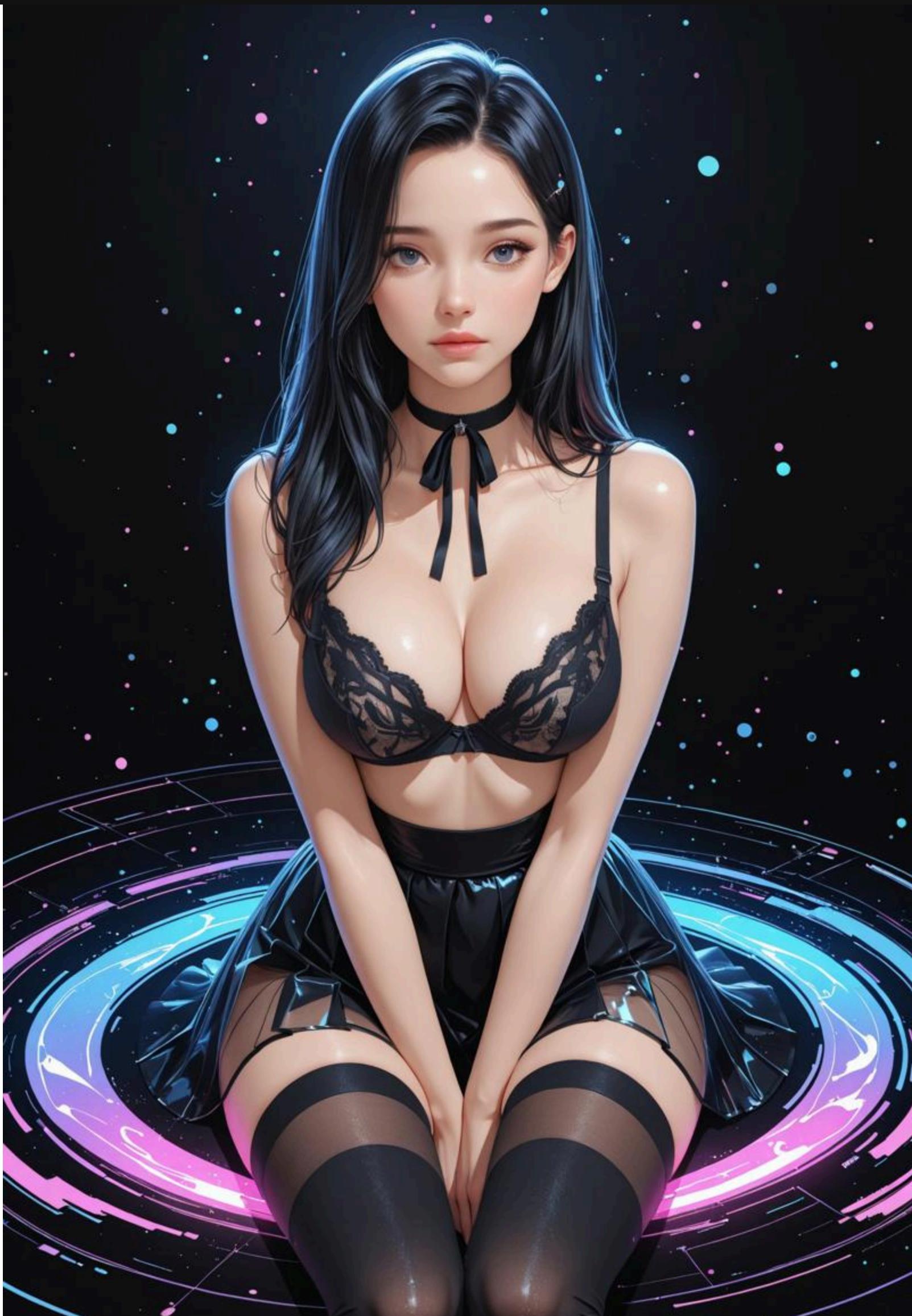
A hand resting on one or both knees ~ adds a touch of purpose or stability to the pose.





hand_between_legs

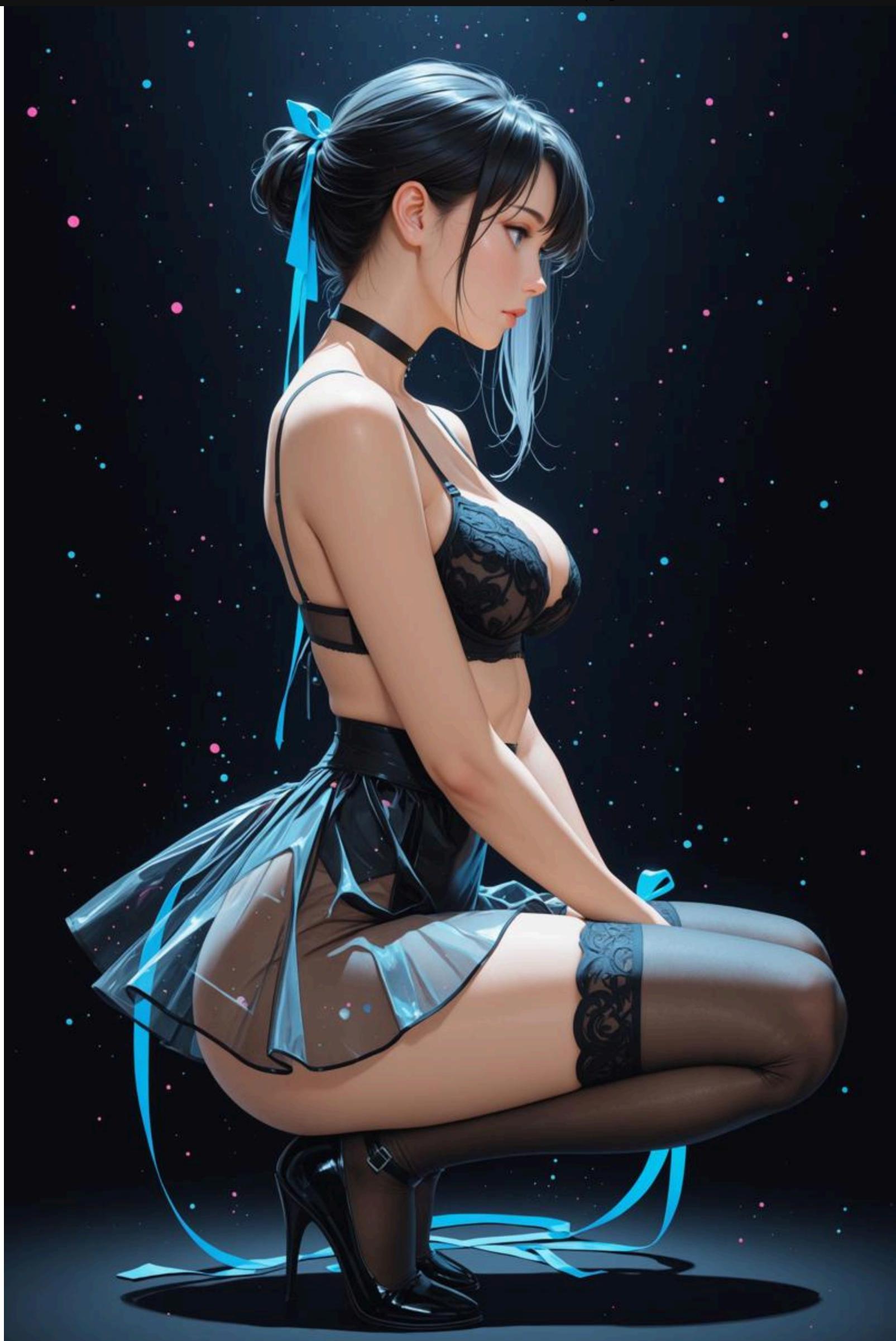
The hand is placed casually or suggestively between the thighs ~ can be flirty, chill, or powerful depending on context.

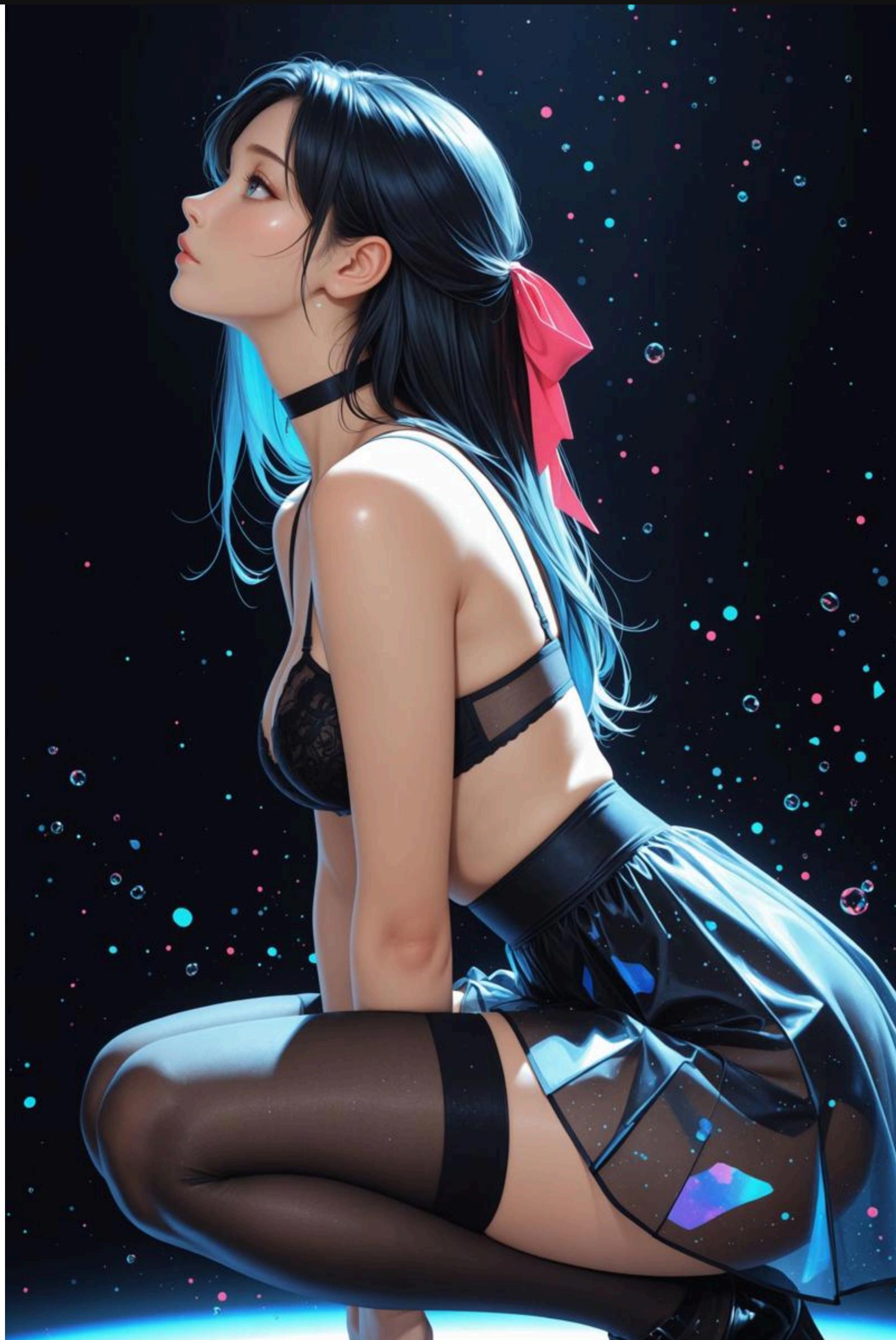




side_profile_squat

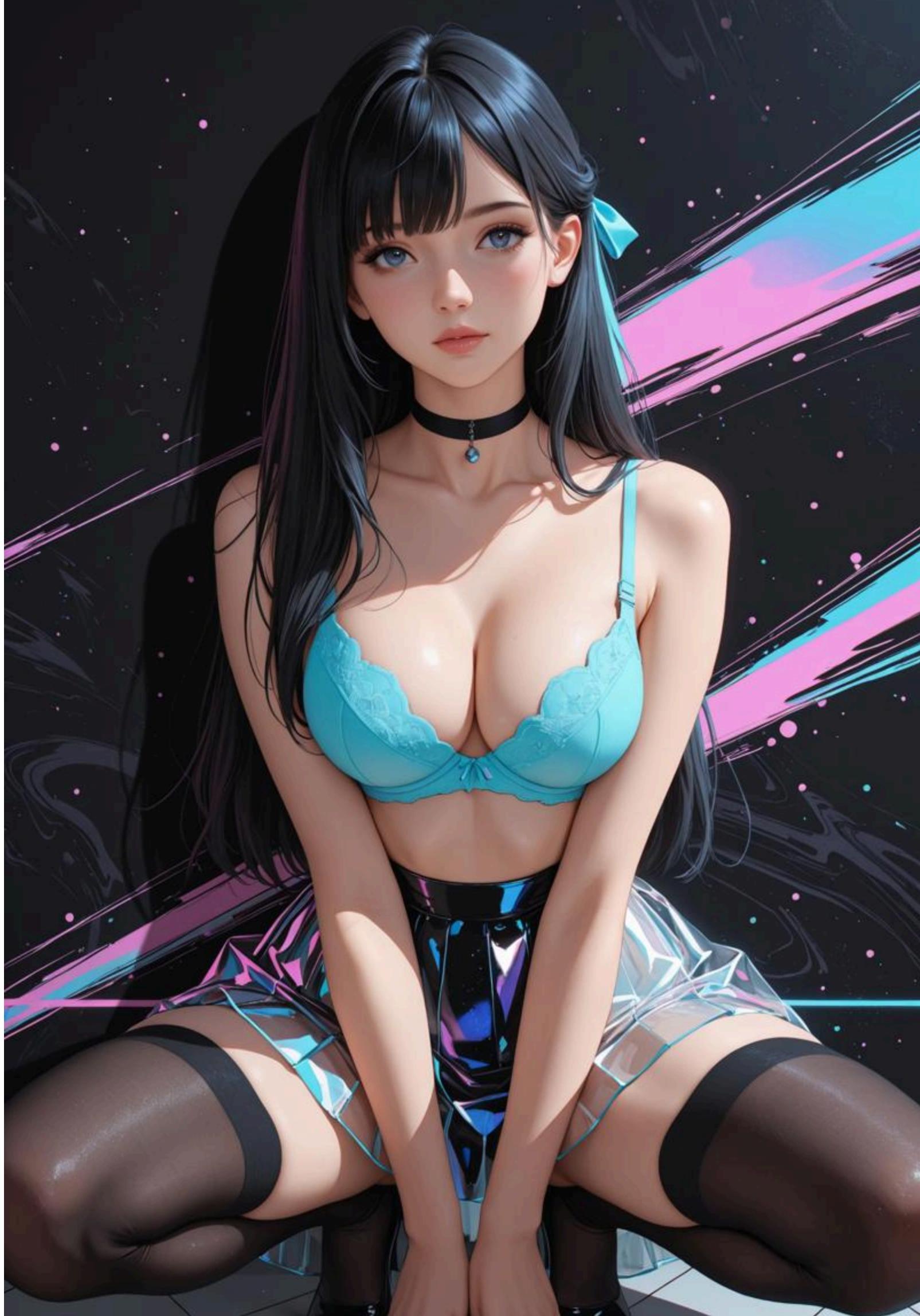
Squatting but viewed from the side ~ shows off curves, posture, and shape.





wall_squat

Back against the wall, knees bent in a squat ~ controlled, strong, and visually sharp.

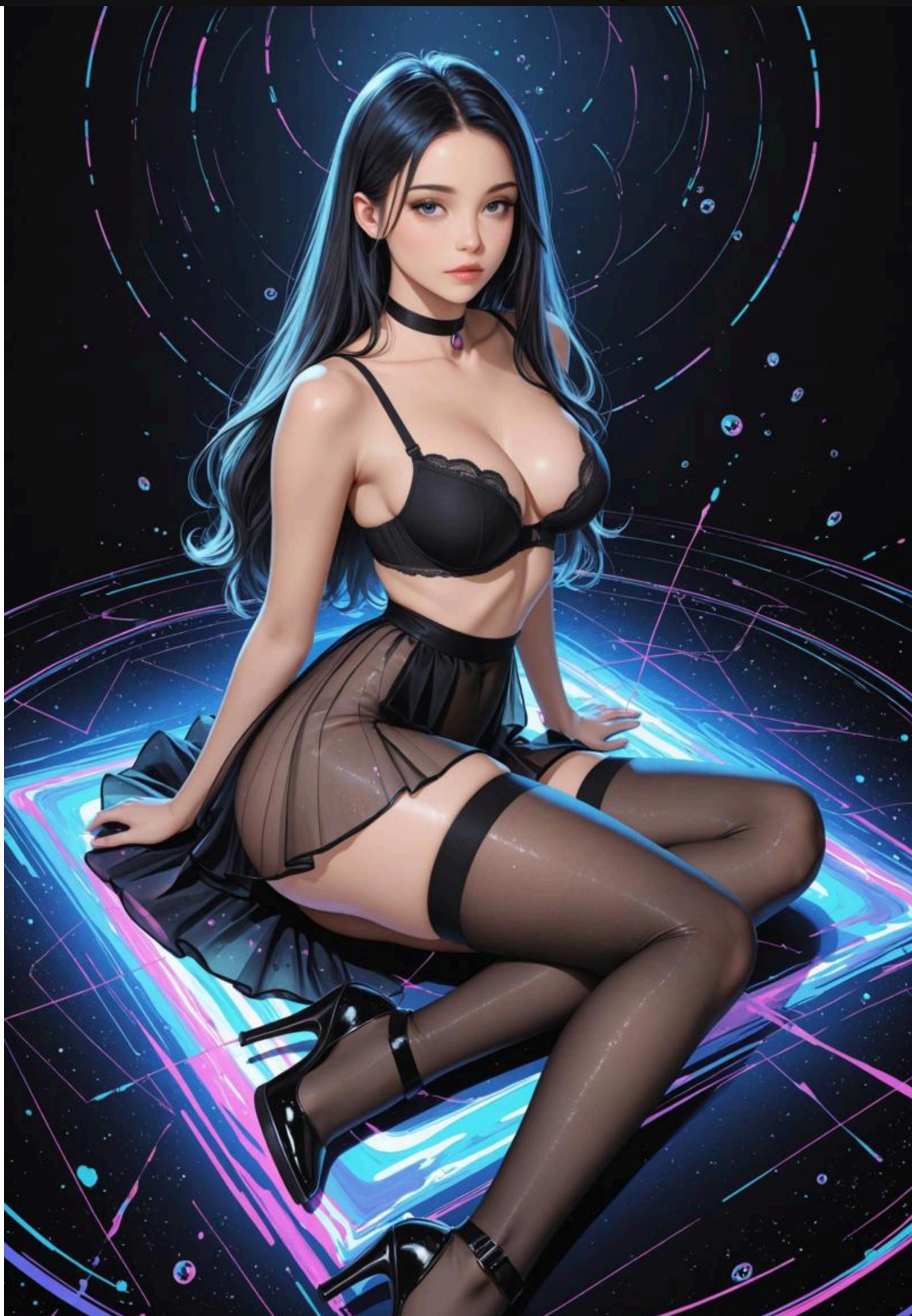




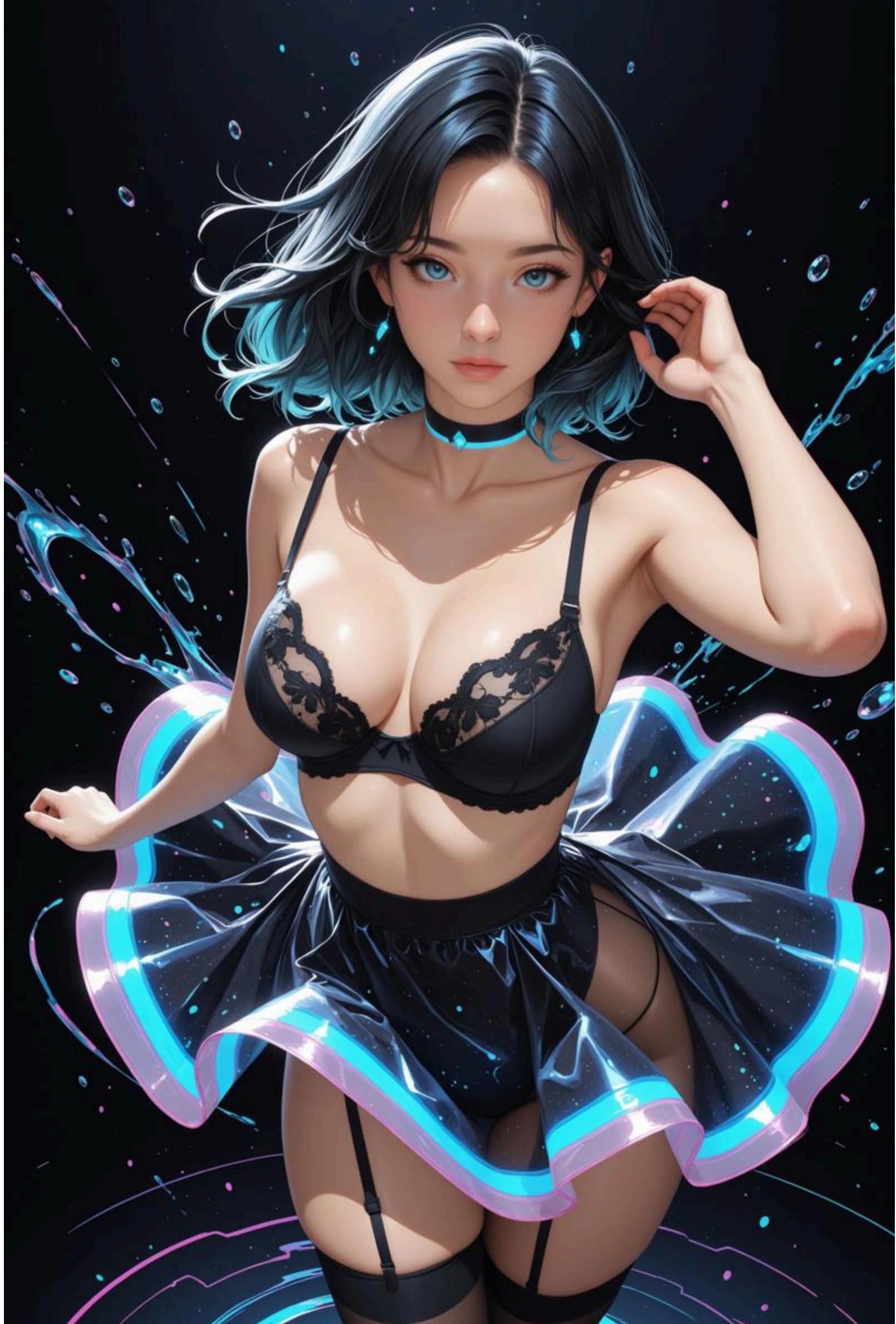
sitting_on_heels

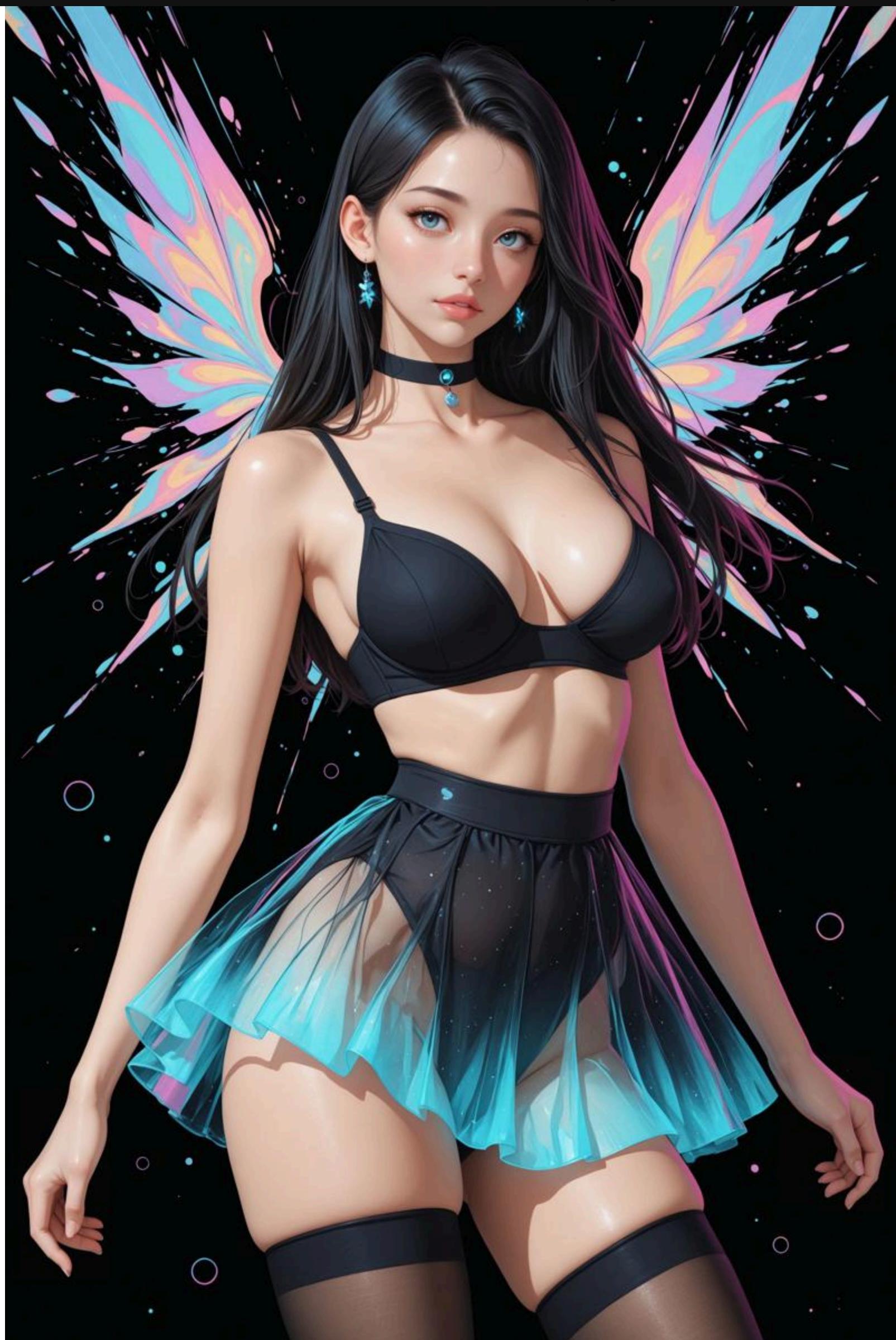
Sitting with butt next to the heels ~ neat, centered, and soft in posture.



**provocative_pose**

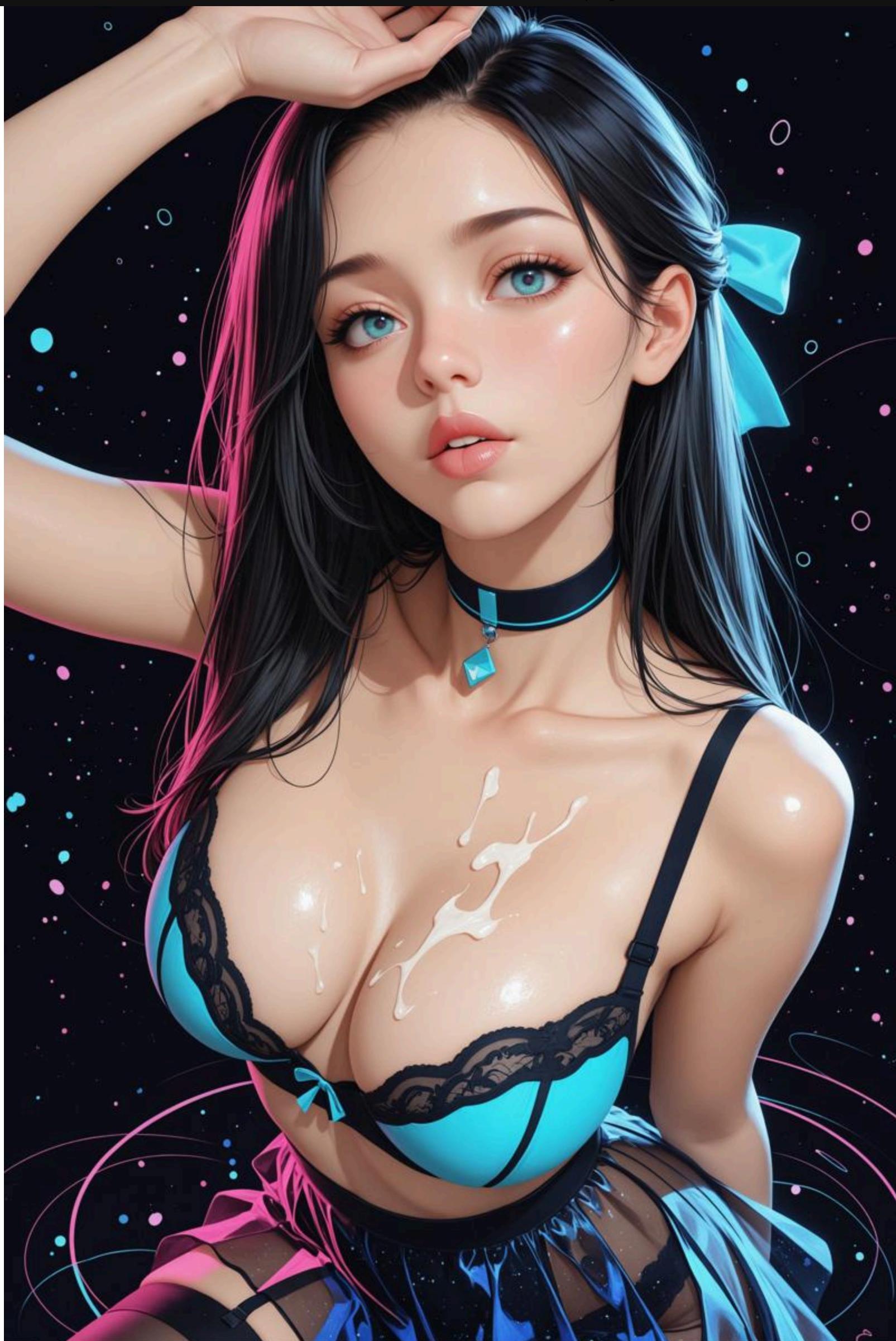
A bold, attention ~ body language turned all the way up.



**suggestive_pose**

Hints without showing ~ body placement and angles do the talking.

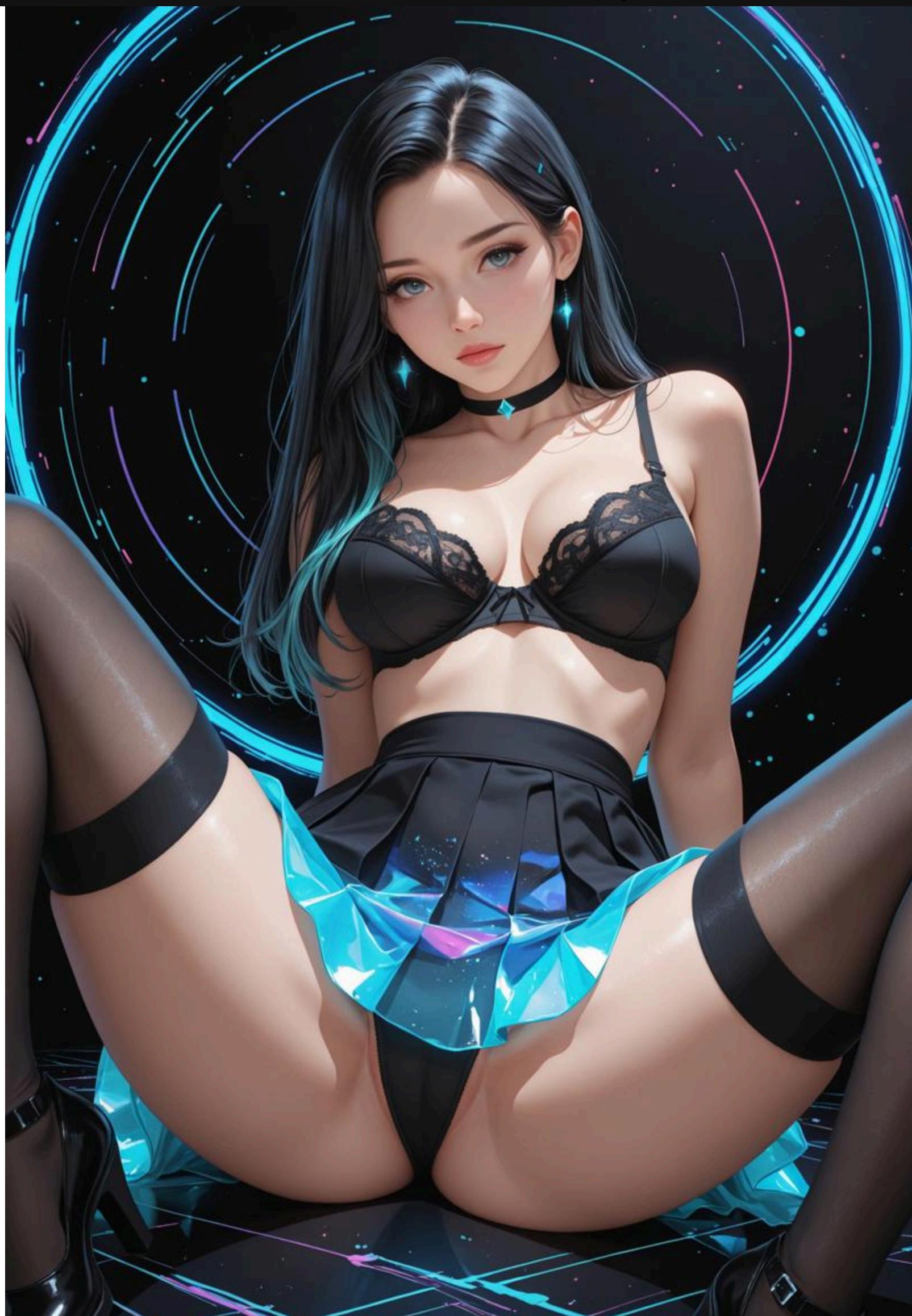




spreading_legs

Legs moved apart in a deliberate way ~ open, bold, and full of energy.





legs_up

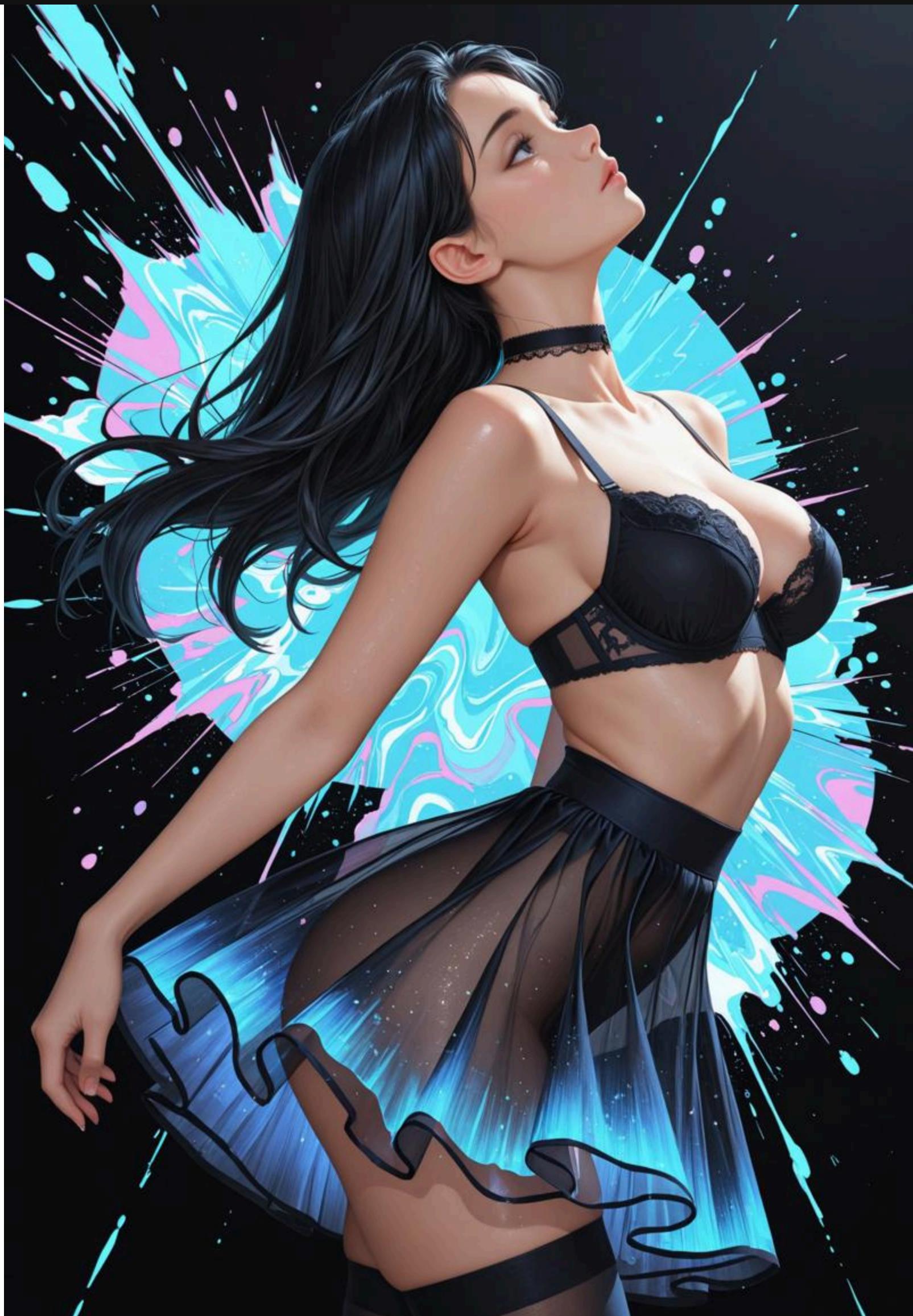
Legs are lifted ~ whether vertical, playful, or dramatic, it directs all eyes.

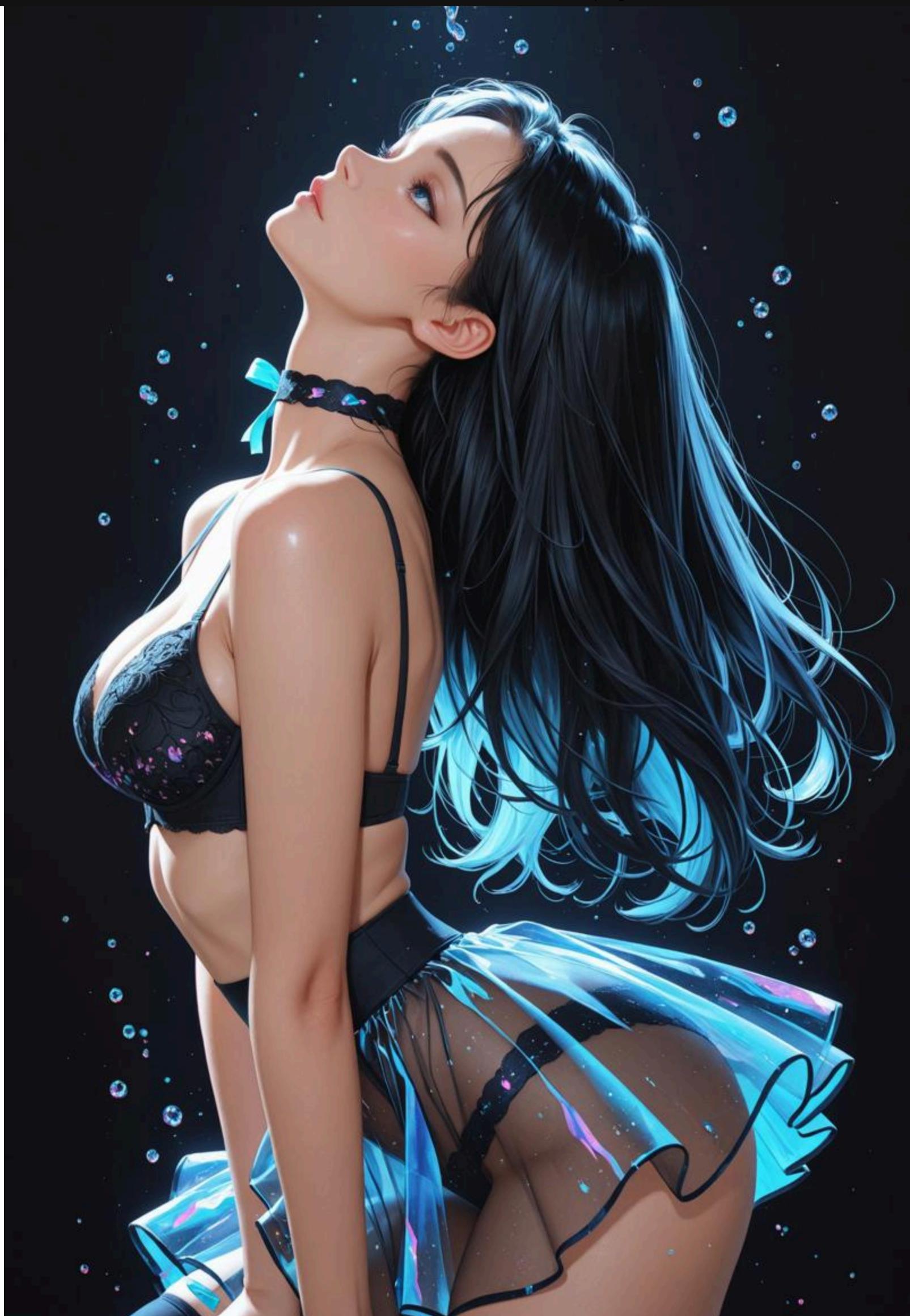




arched_back

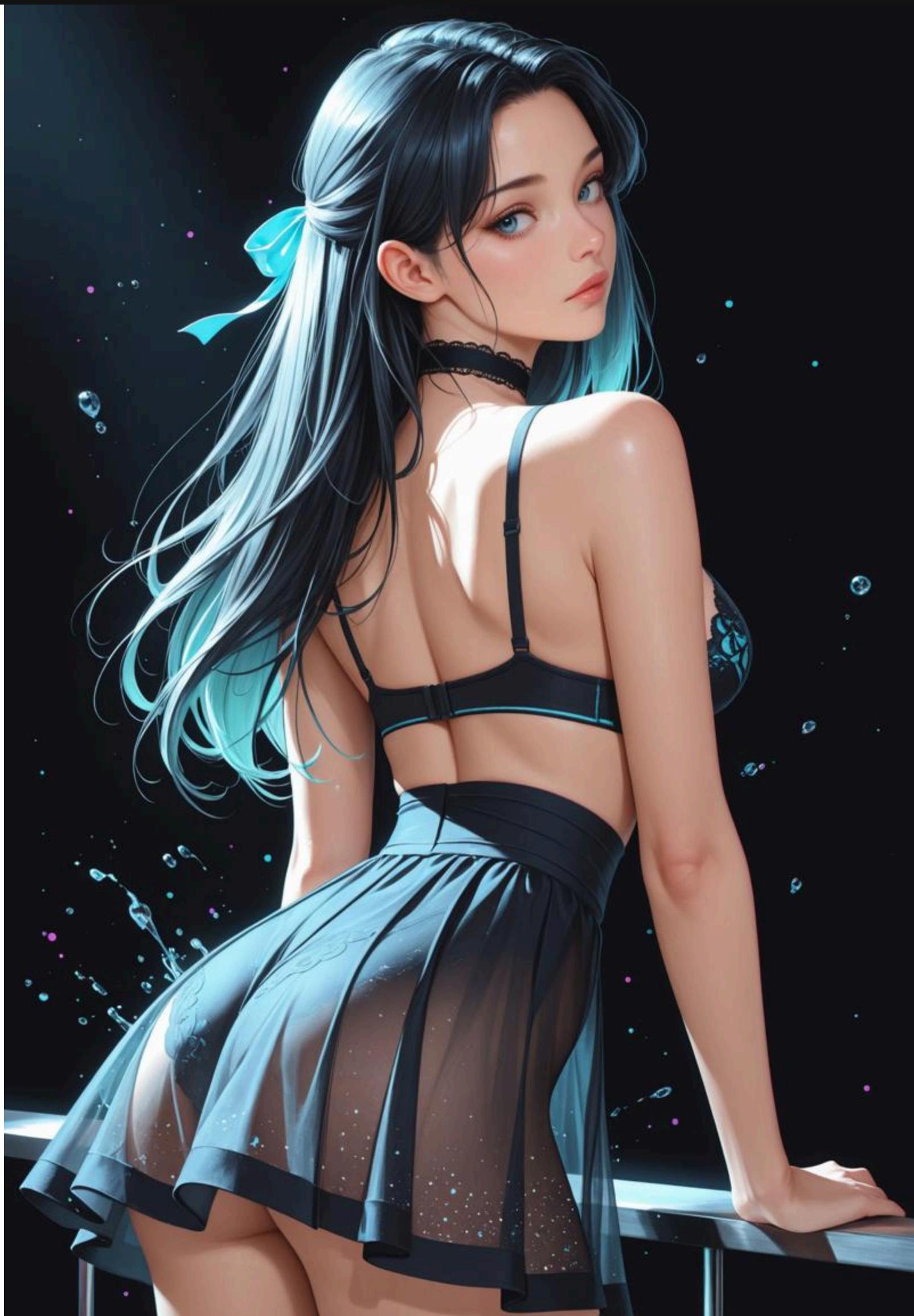
Spine curves inward, chest forward, hips back ~ adds drama, shape, and sensuality.

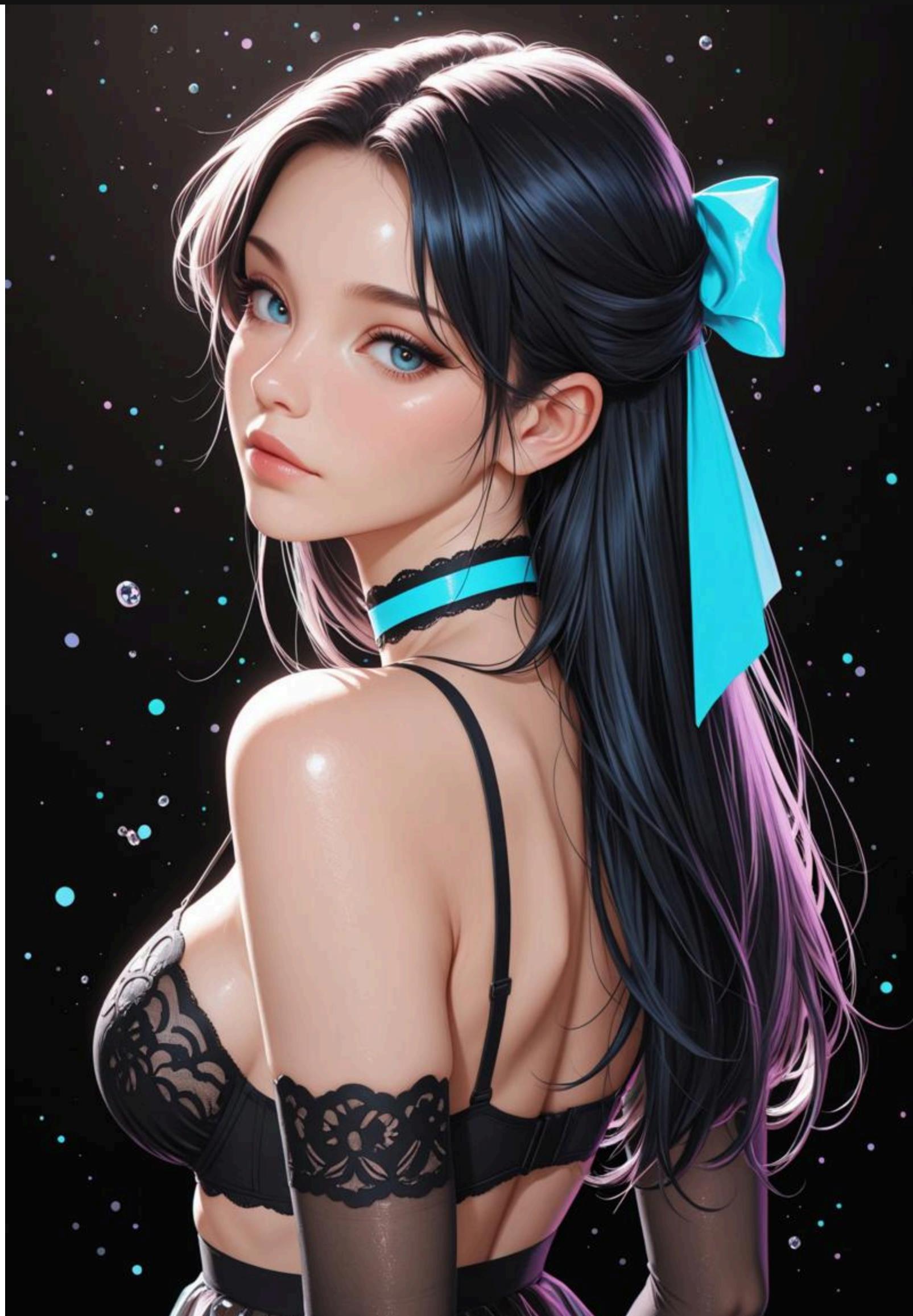




looking_back_seductively

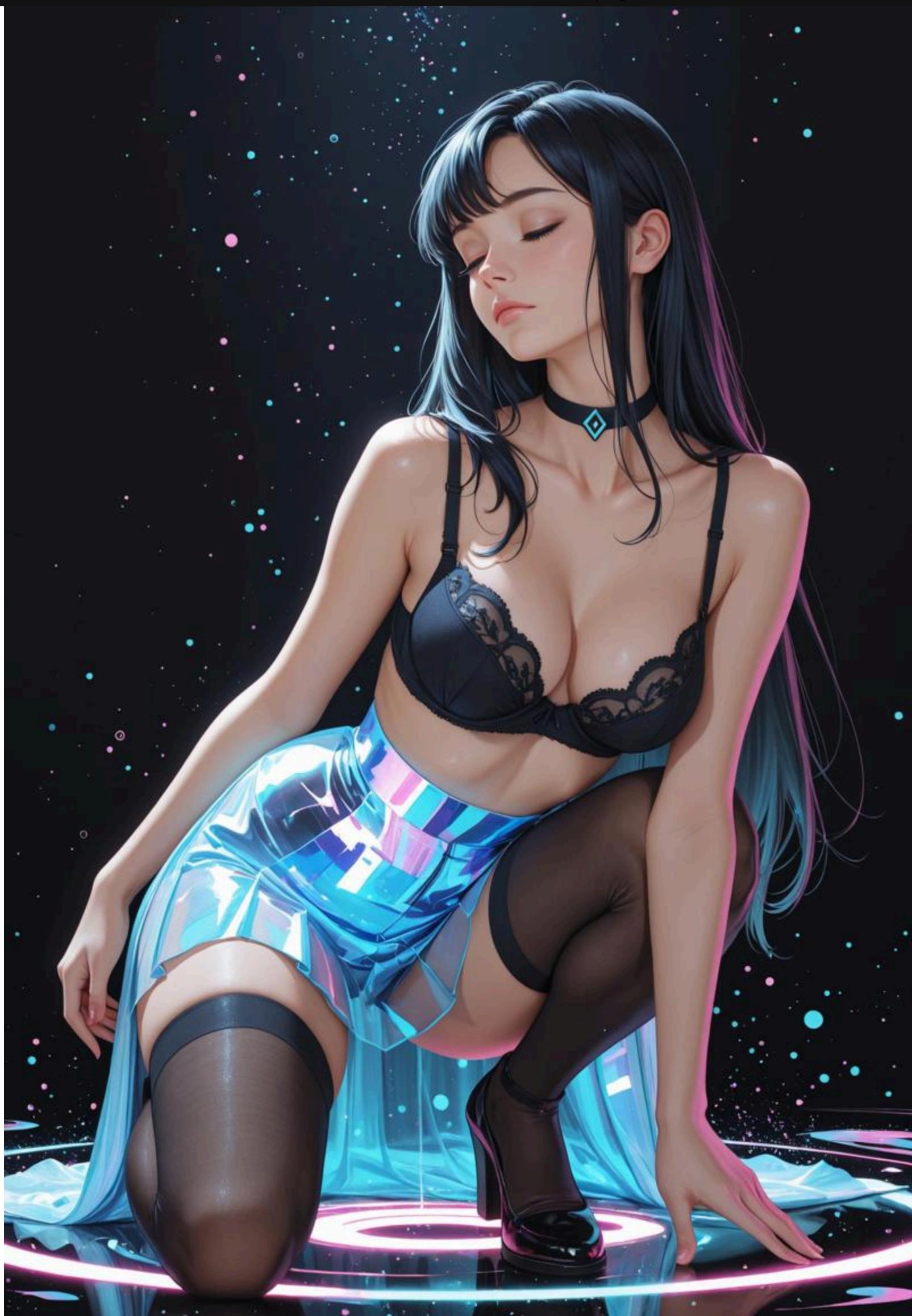
The classic over-the-shoulder glance ~ flirty, mysterious, with just enough tease.

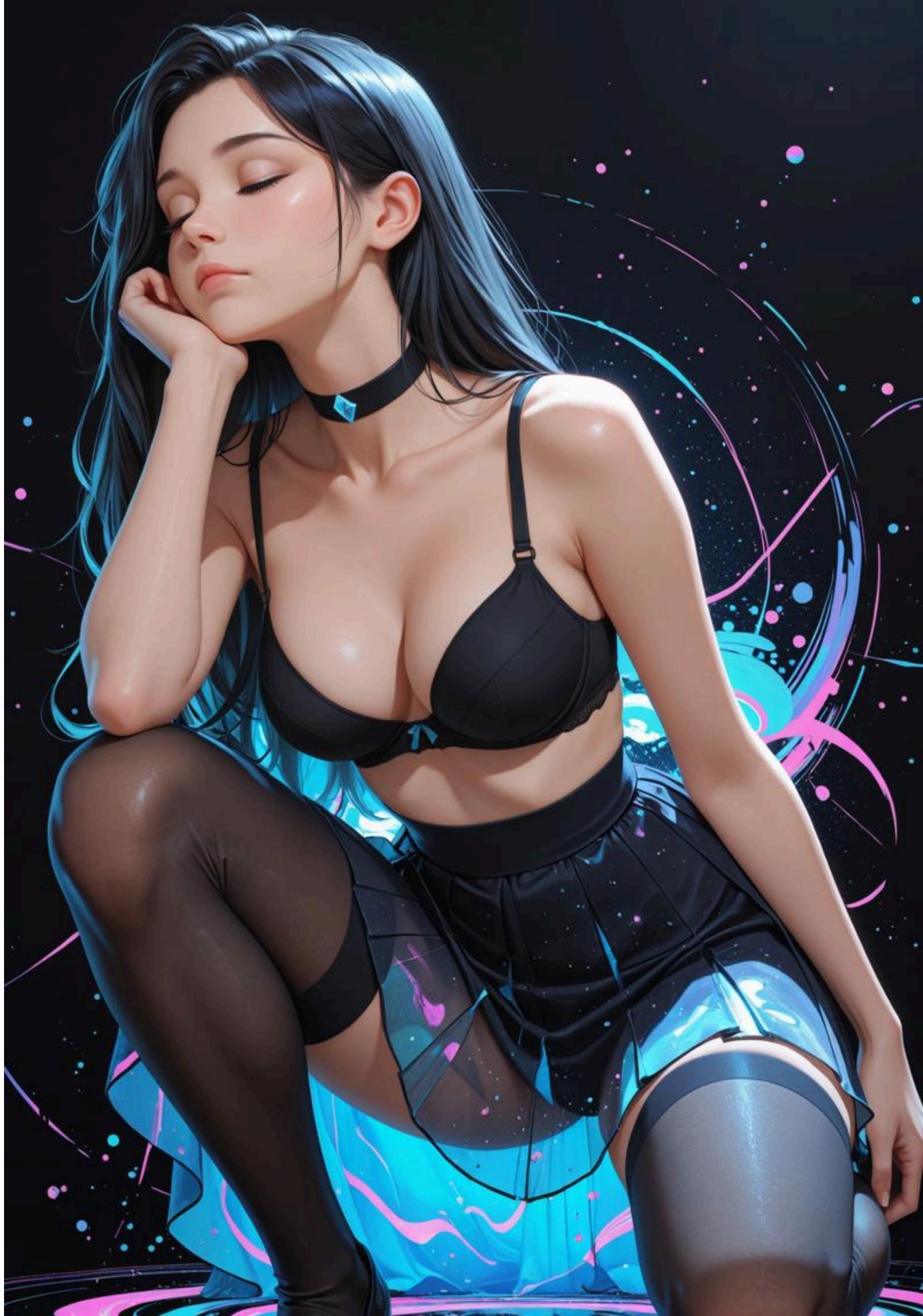




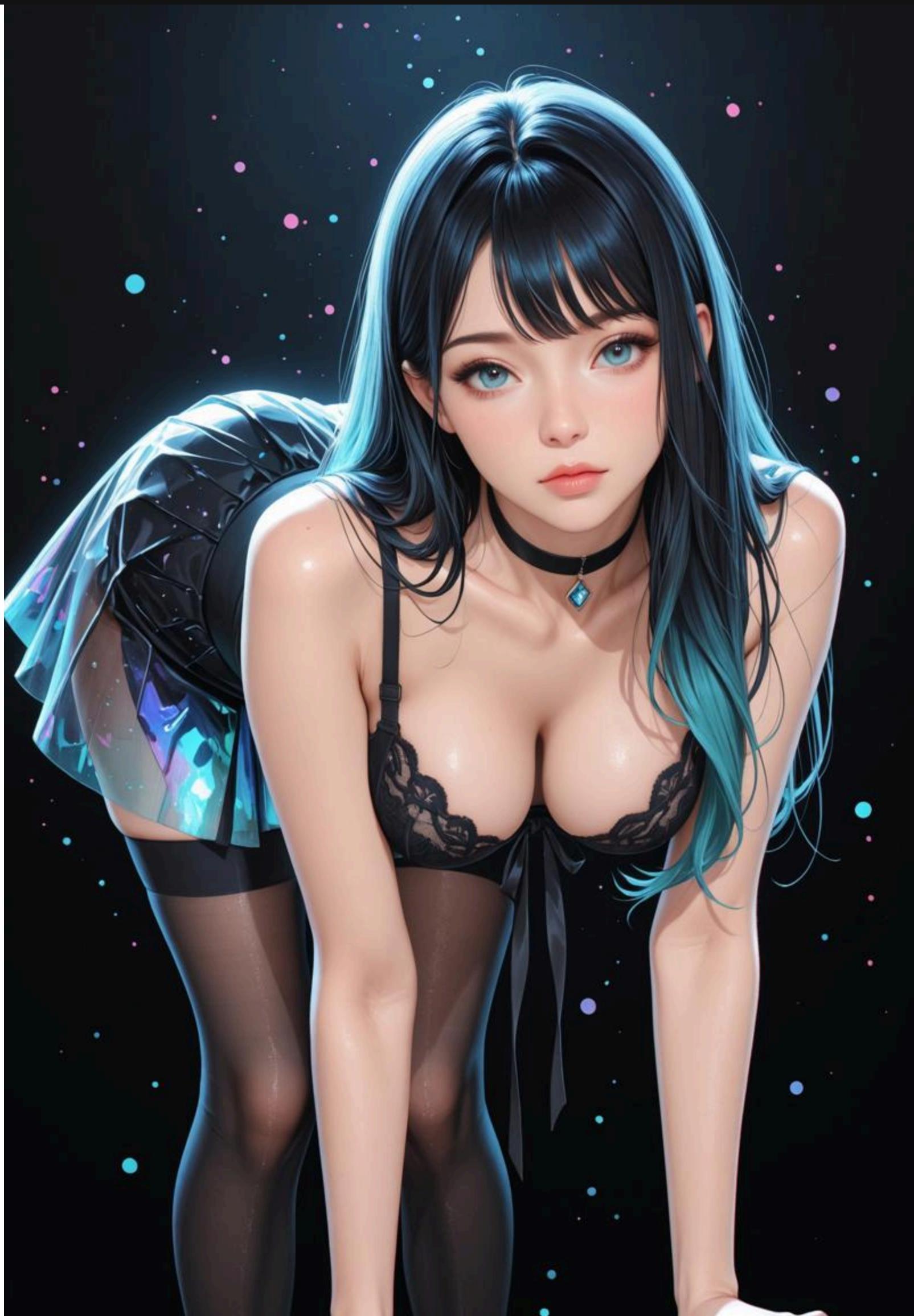
resting_on_one_knee

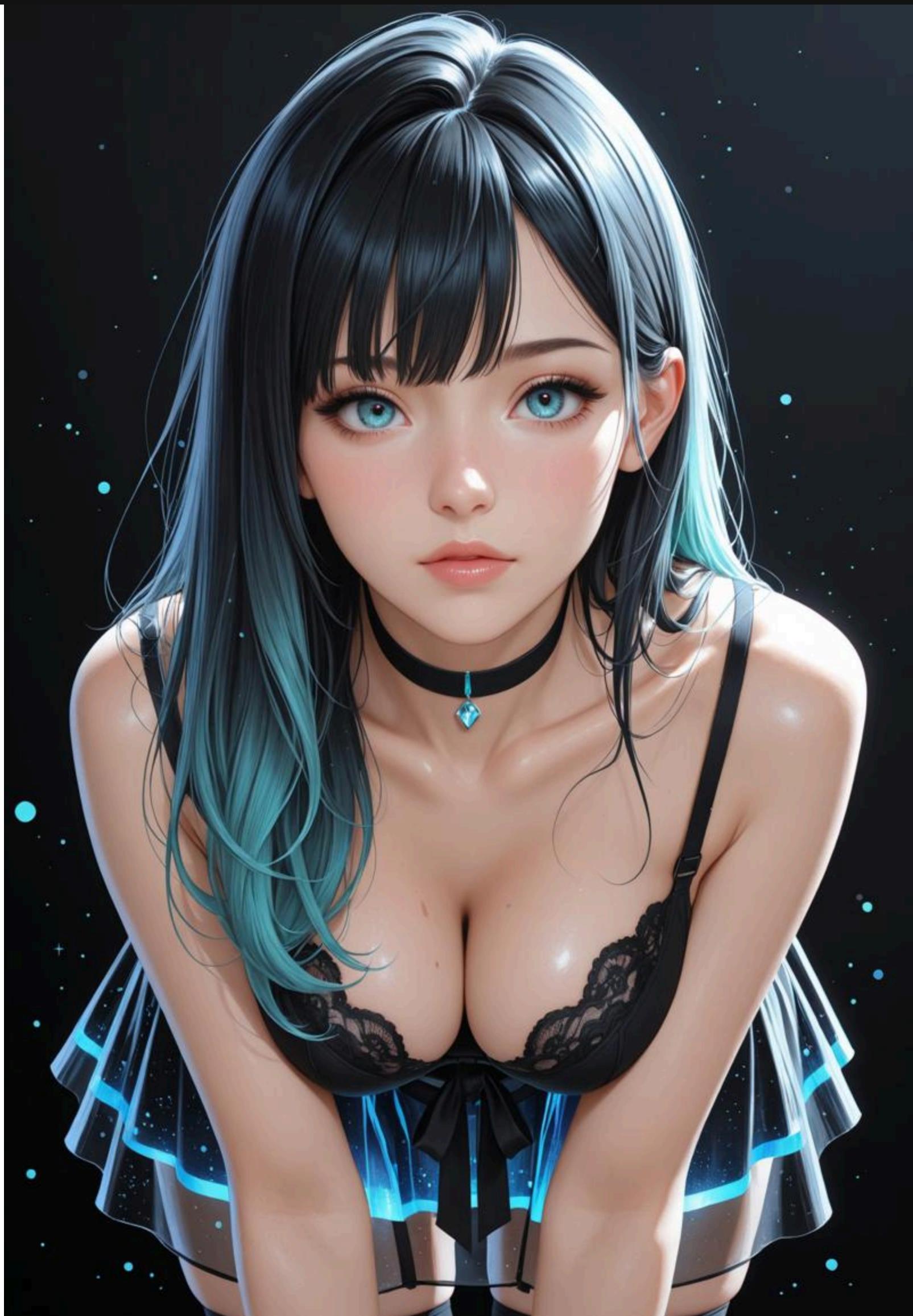
More relaxed than a full kneel ~ balanced and easy, like a soft break in motion.



**bent_over**

Torso leans forward, hips back ~ can be playful, strong, or risqué depending on angle.



**all_fours**

Hands and knees on the ground ~ animalistic, grounded, and very body-focused.





lying, (on_stomach)

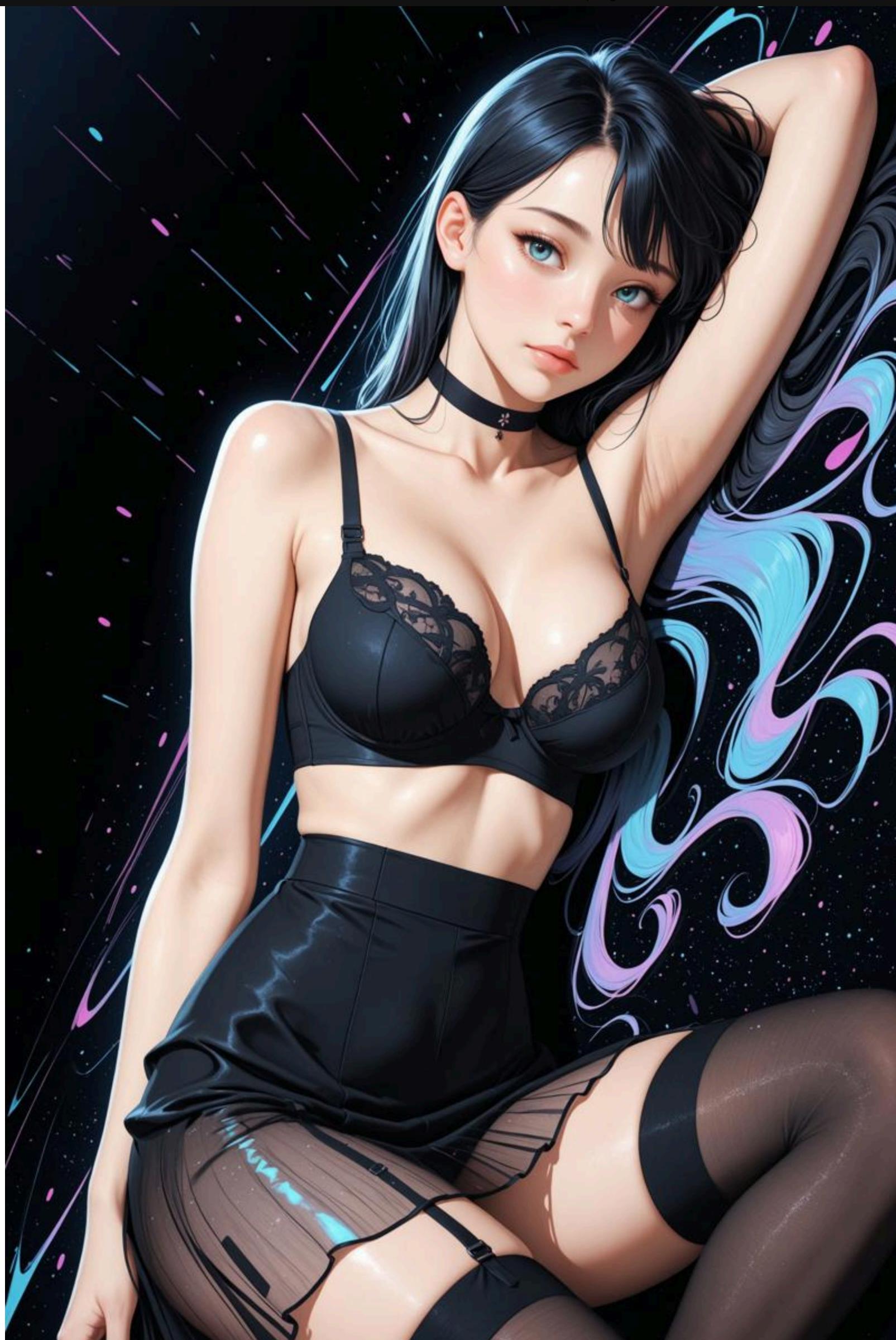
Body stretched out on the belly ~ soft lines, relaxed, or subtly inviting.





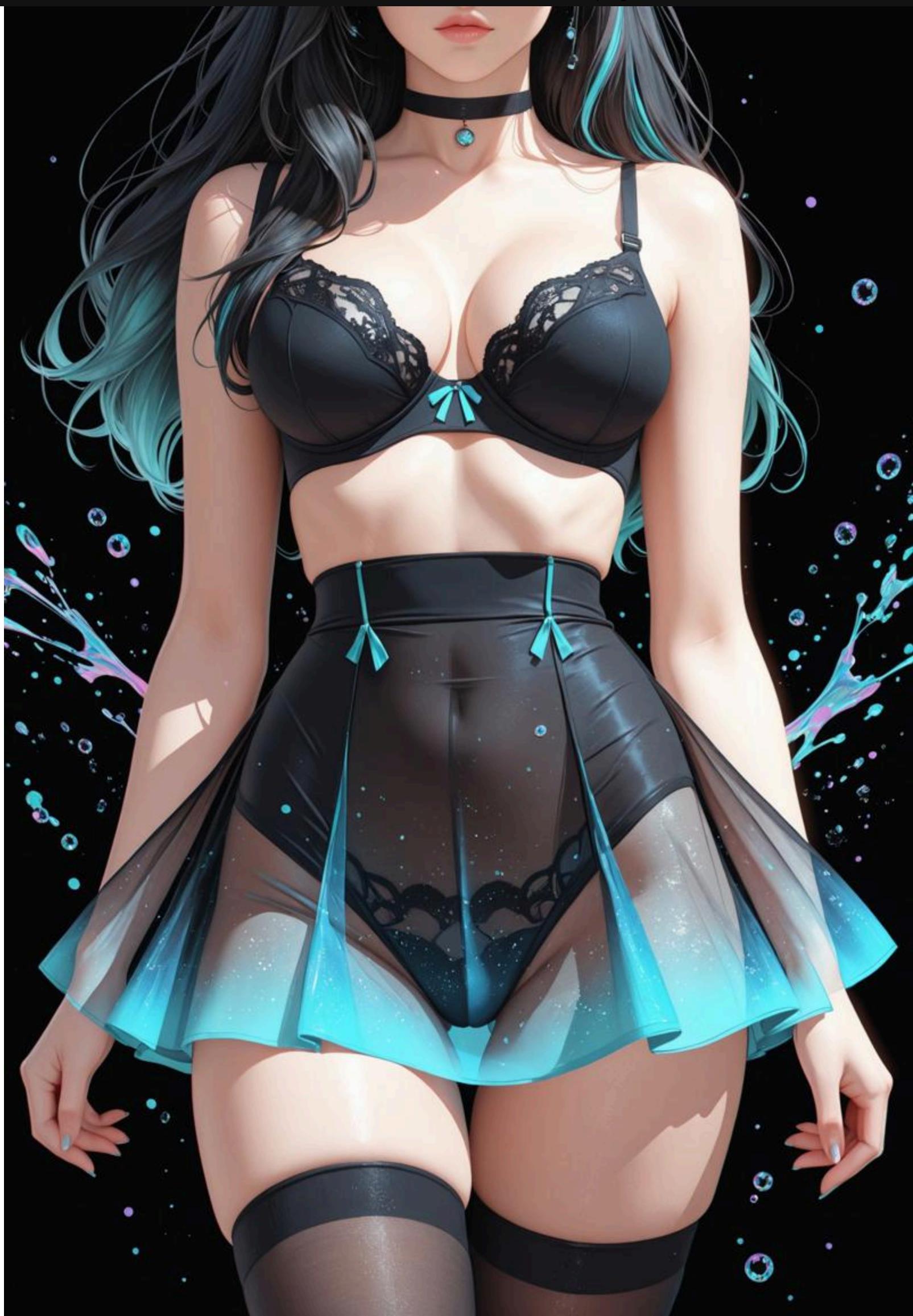
lying_on_side

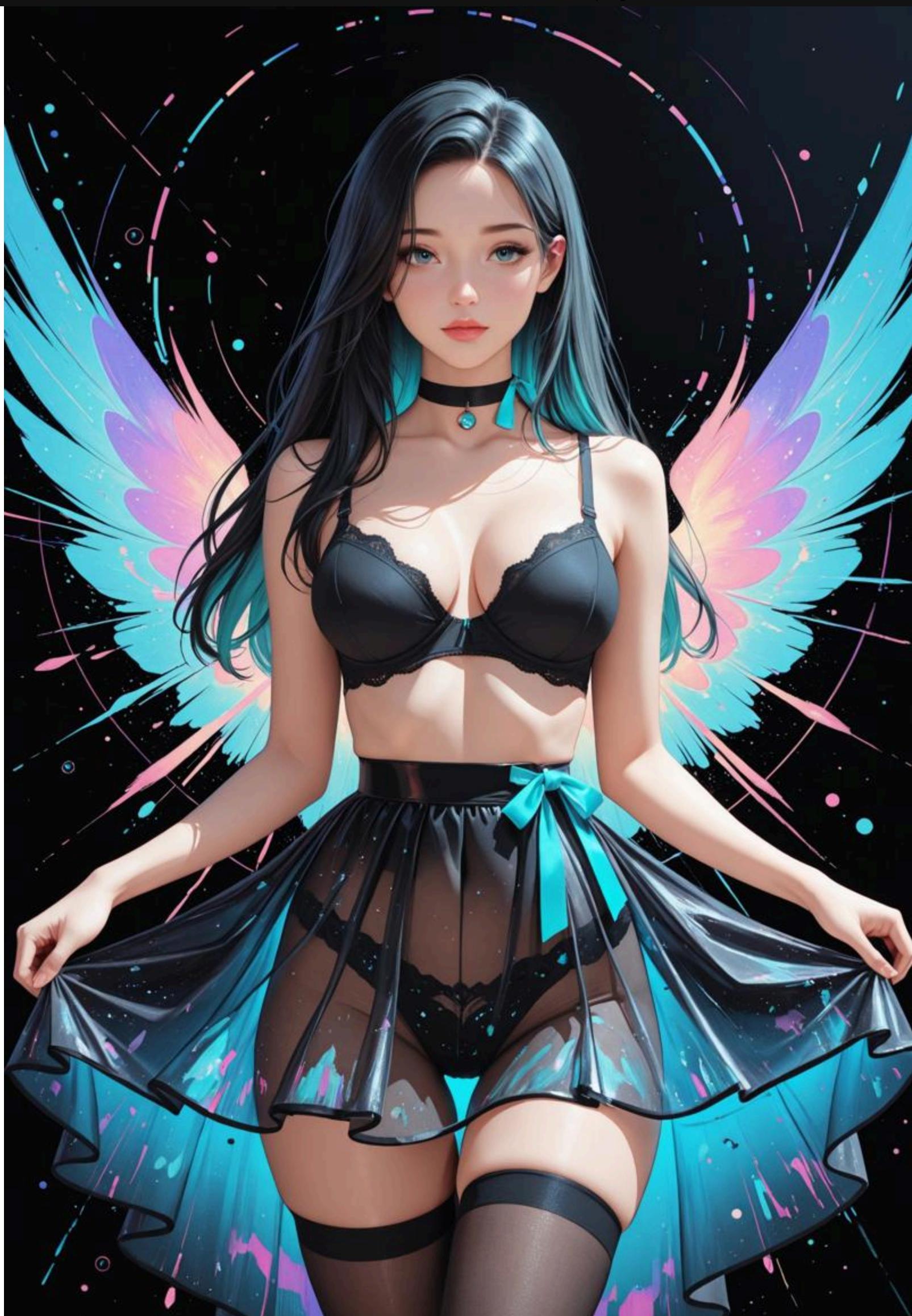
Side-lying, one leg maybe bent ~ great for curve emphasis or a dreamy feel.



**thigh_gap**

When the thighs don't touch ~ often highlighted when standing or posing with feet apart.





legs_together

Legs placed closely ~ neat, elegant, or reserved, depending on the vibe.

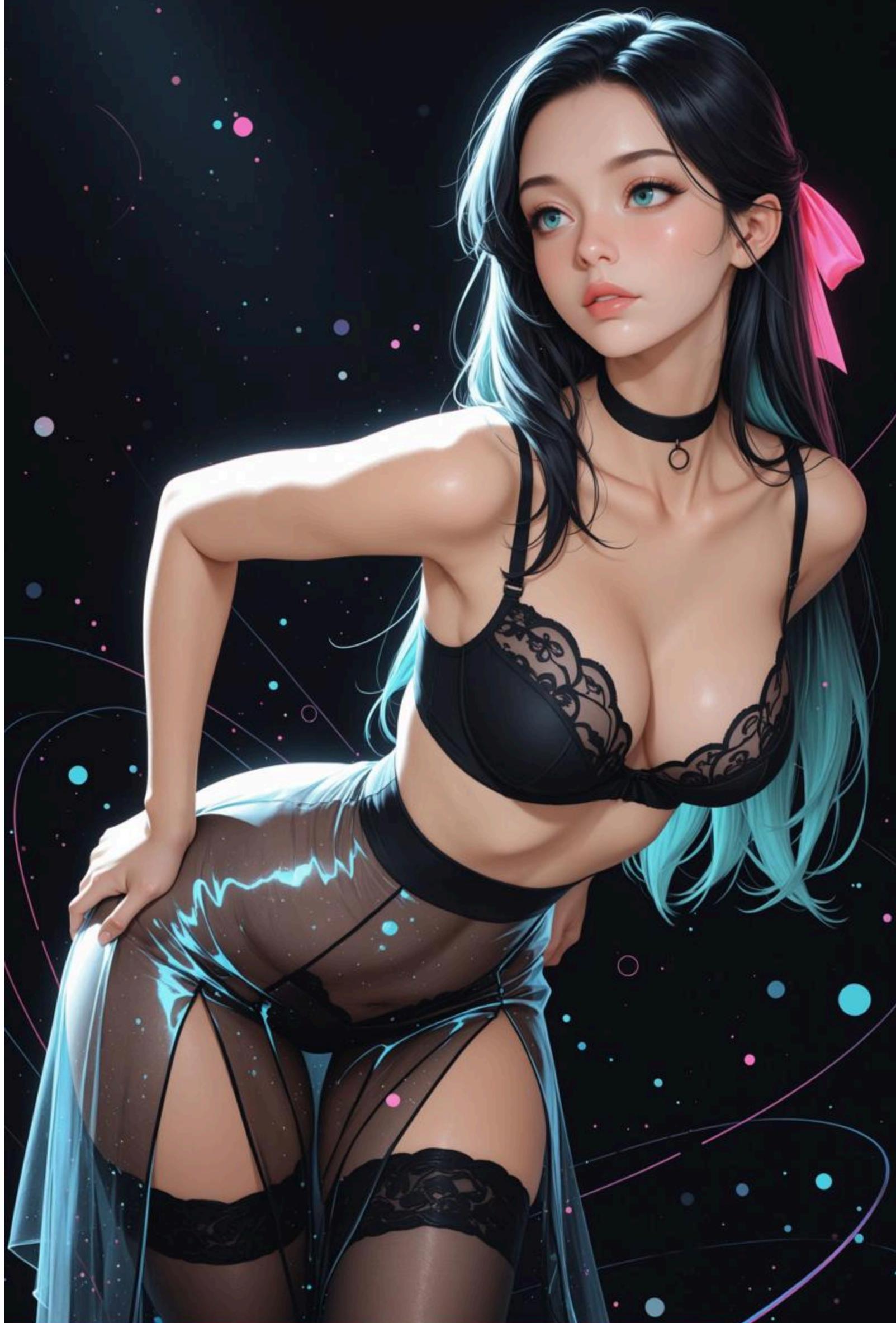




hips_thrust_forward

The hips tilt or twist toward the front ~ showing off the curve, like a POW moment.





Posing isn't just about shapes ~ it's about expression, movement, and the story we tell through the body. With a shared language, even a simple shift in the hips or tilt of the head becomes a creative choice.

So next time u're stuck or curious, flip through this guide, pick a tag, and try a new angle ~ literally. U might be surprised what a fresh pose can do.

I hope u had a lot of fun reading and of course even more trying it out.