

Scot McKay (00:03)

All right, gentlemen, here's the show that you've either been looking forward to or dreading. But I guess if you're here watching or listening, you probably were looking forward to it. Otherwise, you wouldn't be here now, would you? We're going to talk about dancing. Most men can't stand it. They don't want any part of it. Yet we all secretly know women love it, can't get enough of it, and the guys who do it tend to get all the women. My guest today is

Scot McKay (00:31)

originally from Russia. She's from Siberia, northeastern Siberia near China. And now she lives in South Florida with a great guy who married her, which is probably a little bit of a cultural shift. She has a very interesting book that we're going to talk about. And she's going to talk about leading the dance, both literally and figuratively, as a man. She's my first time guest. Her name is

Scot McKay (00:56)

Anna Cordin Anna, welcome to the show.

Anna Cordin (00:59)

Thank you. Thank you.

Scot McKay (01:01)

You're welcome.

Scot McKay (01:04)

The the book that you wrote is called Power of The Dick: A Love Story. Yes, there

Anna Cordin (01:13)

Mm-hmm.

Scot McKay (01:14)

it is. You have a hard copy of it. No pun intended. Yes. Where in the world did that title come from?

Anna Cordin (01:23)

Well, don't be spooked by the title. If you look at the cover, it says Power of Love. You see this? It's just the title that's screaming attention, but pretty much I am...

Anna Cordin (01:39)

Painting the love story how I for the first time fell in love with the man At the age of 50 married the love of my life, you know how love can look it has so many different forms and when you fall in love when you're younger is different when you actually have experience how it feels and I've been married twice before I have two grown-up kids.

Anna Cordin (02:09)

But then I fell in love and had a romantic relationship with other men and it wasn't love. And this book is about me faking orgasms for 30 years. So if I had a trophy room, that would be my career and I would be a world champion of faking orgasms. So the power of the dick, how this man, my current husband made me come.

Anna Cordin (02:38)

And don't take me wrong, I was able to actually masturbate and get off by myself, no problem. But it was hard to admit to any man that he's not doing his job. But maybe men were doing their job. It's just the, I think it's the energy collision, you know? And so this book covers this theme, you know, how...

Anna Cordin (03:07)

to find your true love. So it's a love story. Thank you.

Scot McKay (03:12)
That is fascinating. first

Scot McKay (03:15)
of all, I don't think I told you before we clicked record how much this audience favors women with Russian accents or Eastern European accents as guests,

Anna Cordin (03:23)
Hmm.

Scot McKay (03:24)
especially when they start talking about sex. So you're already winning over this audience. I

Anna Cordin (03:30)
Okay.

Scot McKay (03:31)
we all have this mental image right now of a trophy room for faked orgasms. I am sitting

Anna Cordin (03:38)
Mm-hmm.

Scot McKay (03:38)
in a trophy room, as you as everybody can see.

Scot McKay (03:42)
I can most I I can most happily assure you, none of these trophies were earned from faking orgasms. They may have been from faking skills on two wheels, but not in the bedroom. I remember there was a book, man, it's been years ago. And she got a lot of press for it, where she was explaining to women, look, you're being mesmerized by,

Scot McKay (04:11)
for a lack of a better way to put it, nice penises. You're getting guys who are, have a lot going on there and you're getting mesmerized and getting all doe-eyed because these guys are giving it to you good and hard in the bedroom and you're and you're ending up with the wrong guy because of it. And she got a lot of press because that seemed like really a a turning of the tables on gender roles.

Anna Cordin (04:39)
Mm-hmm.

Scot McKay (04:39)
there's a

Scot McKay (04:40)
lot of guys who get quote unquote "pussy whipped", right? They get some

Anna Cordin (04:43)
Yeah.

Scot McKay (04:43)
girl who's just great in the bedroom and she can be awful and narcissistic and take all his money and

cheat on him, but he's not going anywhere because man, that that's just so good. Is this book like that one, or at least in some nuance, or is it is it substantially different in focus?

Anna Cordin (05:04)

Substantially different in focus. Yes!

Scot McKay (05:06)

Okay, all right. Then I'm glad I didn't spend a lot of time on it. Okay, so

Scot McKay (05:11)

help us understand that because you know we're talking about love and we're talking about a man who came along and gave you orgasms where no other guy could. So yeah, help me land that plane. What's going on there?

Anna Cordin (05:23)

Before I met this guy, my current husband, I went to four years daily dates with a lot of men. And when I met him, I realized that the energy is different. I was able to taste my food. I was able to be calm. I was able to look around in the restaurant and just feel myself.

Anna Cordin (05:51)

I was able to breathe through my diaphragm, just super relaxed, even though he looked like trouble, When you look at my husband, he's like a hot hunk, So I should be

Scot McKay (06:03)

Mm.

Anna Cordin (06:04)

all nervous, but I felt relaxed and I didn't have this crazy parasite butterflies in my stomach. And I think people mistaken it, that nervous energy for love. It's not love.

Scot McKay (06:19)

Mm.

Anna Cordin (06:20)

It's

Anna Cordin (06:20)

nervousness, it's anxiety. And when you have anxiety and your intuition is telling you danger, danger. And so how could you calm when it's danger? You have to be fully relaxed. So this book is about energy, how you should feel about it. This book is about a lot of things. How this energy leads to orgasm, how men...

Anna Cordin (06:49)

can actually, when you trust the man, how can he tell you, just relax, you can do it. On the third date, when I didn't come, not on the third date, on third time we had sex, I told him, I can't come. This is the truth about me, I can't. I told him I'm not going to lie anymore. I told myself, I gave myself a promise, I'll never lie about my orgasms.

Anna Cordin (07:18)

After a certain age, we are going to, I decided I'm going to live my truth and I am not going to perform anymore. So, but the energy between us was so like calm. He just told me, of course you can. And I looked at him straight into his eyes and I realized, yeah, I can. I allow myself and

Anna Cordin (07:45)

there was no one time we had sex, I didn't come. I always do. And this book, The Power of the Dick, it's like, it's not the power of the dick, it's the power of the trust, the power of the love, the power of the true orgasm with the man that changes your whole demeanor as a woman. You feel that you can conquer the world. You walk slower. You just speak softer. You just...

Anna Cordin (08:15)

you you stop being like a survivor, you know, just become a true woman. And I think it's important. So I cover this topics in this book. I mean, the book is for girls, but I think guys can take a lot of good tips about that. In.

Scot McKay (08:36)

Kinda like it's kinda

Scot McKay (08:37)

like watching a romantic comedy. the movie is for women,

Anna Cordin (08:40)

Ha ha.

Scot McKay (08:41)

but boy can guys take notes on what the women are responding to in the movie.

Anna Cordin (08:44)

Mm-hmm. Mm-hmm.

Scot McKay (08:47)

I think all that's terrific. You know, you're from Russia, so you have a very blunt, straightforward way of talking that frankly I like, I personally favor. So I I appreciate that you just throw it on the table exactly what you're talking about. There's no need to sugarcoat it.

Anna Cordin (09:04)

No.

Scot McKay (09:05)

What you're getting at is something that's a recurring theme around here. When women feel safe and comfortable, they are enjoying this relationship and everything it encompasses a lot more with a guy than if they're in like fight or flight mode or afraid. And I think most men dramatically underestimate how much fear women live in, generally speaking. Yeah. No, it's good.

Anna Cordin (09:27)

Exactly, exactly. I think if the woman

Anna Cordin (09:31)

is faking orgasms, and a lot of women do, guys, don't be fooled. It's actually statistics. If you look, the percentage is high, and women don't want to explain anything. And a lot of women just blindly lie to the guy years after years.

Scot McKay (09:52)

They want to get it over with.

Anna Cordin (09:53)

Exactly, and they live in this lie.

Anna Cordin (09:57)

And then eventually it's a sexless marriage because they don't enjoy, they don't look forward to it. And you speaking about my straightforwardness. I'm gonna read something. I got it from my mama. My mama was telling me, can I read from this? Can I read? Okay, uh-oh.

Scot McKay (10:19)

please. I was born ready to hear this. Yes.

Anna Cordin (10:22)

So my mom

Anna Cordin (10:24)

was telling me from my childhood, not from my childhood, from when I was married for the first time, she said, because I was so crazy. I would throw dishes, would like break dishes in the kitchen. The anger was like crazy. I'm like a kitten compared to what I used to be. I was a raging... So she would say to me, go outside and let somebody fuck you hard.

Anna Cordin (10:52)

I don't care who, you need to be fucked hard and you can't fuck me. Go make somebody fuck you so you stop being a raging bitch. That's what she was telling me year after year and I couldn't understand her. She was trying to put the message in my head, how sex actually can change. Good quality sex with orgasm with the man can change the woman.

Anna Cordin (11:22)

The last sentence of this book, says, yes, mama, you were always right.

Anna Cordin (11:31)

I needed

Anna Cordin (11:32)

that.

Scot McKay (11:33)

I have a long history of telling guys not to get dating advice from their mommies.

Anna Cordin (11:44)

Okay.

Scot McKay (11:45)

But I think they should definitely get dating advice from your mommy.

Anna Cordin (11:50)

Yep. She's pro-sex woman and she was always telling

Scot McKay (11:55)

Ha.

Anna Cordin (11:56)

me this, you know.

Scot McKay (11:58)

Yes. and I'm glad it wasn't in your childhood that she told you that. Indeed. That'd be some serious

Epstein Island shit right there. No.

Anna Cordin (12:03)

She didn't do it in the childhood when I was old enough and... No!

Scot McKay (12:12)

or unserious Epstein Island shit.

Anna Cordin (12:14)

But when she was telling

Anna Cordin (12:15)

me this, I was like, what is she talking about? She's crazy because she was always... She

Scot McKay (12:21)

Well what was she talking about, Anna? Why was it so confusing?

Anna Cordin (12:25)

was talking about that energy because she was able to come. So she knew how

Scot McKay (12:29)

Yes.

Anna Cordin (12:30)

it feels. She was just wondering why I am so like anxiety, control freak and like a bitch. I...

Anna Cordin (12:42)

I was never interested in sex. I I enjoyed it, but when it doesn't lead to the concerto, forte, then you're not looking forward to it. I have a few girlfriends who are obsessed with it. They swear by it. I was like, what are they talking about? Now I do know. I do know that. And I have a lot of girlfriends who are fakers, who are not interested in it like I used to be.

Scot McKay (13:12)

The problem with a lot of men, since since we're talking to an audience of men here, is is we are told that women don't like sex, that, the angry women will purport that all sex is rape and then we only do this for men. But women

Anna Cordin (13:32)

Hehe.

Scot McKay (13:33)

do actually really love and adore sex when the sex is pleasing to the woman. I think we're designed mutually, men and women, to

Scot McKay (13:42)

Crave sex together. this is how we trick ourselves into making babies. So, there's

Anna Cordin (13:47)

Exactly.

Scot McKay (13:48)

gotta be something good there. Otherwise, if it's a chore for women and it's painful and they don't like it, then you can start flying the all sex is rape flag, which is nonsense.

Anna Cordin (13:59)
Mm-hmm. Yep.

Scot McKay (14:01)
So I do believe that men are infamous,

Scot McKay (14:08)
infamously terrible for ruining it for everybody because they're just trying to get some. They're trying to get laid. They're trying to use women as a masturbation tool. I know that's harsh, but compared to enjoying something that's

Anna Cordin (14:18)
Mm-hmm. You said that. I did.

Scot McKay (14:23)
more more love making, like I I want to savor this experience. You know, it's like a meal.

Anna Cordin (14:31)
huh.

Scot McKay (14:31)
I don't

Scot McKay (14:31)
think women wanna be fast food. I think they wanna be treated more like an Escoffier banquet experience.

Anna Cordin (14:38)
Absolutely, it's hedonistic.

Anna Cordin (14:40)
to savor it. I was looking for this word. And

Scot McKay (14:42)
Yes. Yeah.

Anna Cordin (14:45)
to argue with you a little bit, I don't think a lot of men want to use women to just get off. I think they just don't know how to savor it. They're...

Scot McKay (14:57)
Well, that too. But

Scot McKay (15:00)
the guys who are unsuccessful at attracting you and having sex with you or any other woman who who doesn't have low

Anna Cordin (15:07)
Mm-hmm.

Scot McKay (15:07)
self-esteem have that mindset. These are guys who are unsuccessful at mating, which is probably why

you've never encountered them. But yeah, indeed, a

Anna Cordin (15:15)
Hahaha!

Scot McKay (15:17)
lot of guys, you know, they may even mean well, but they just don't... st mean, Let me give you an example. They may mean well, but

Scot McKay (15:26)
when it comes to actually having good quality sex in the bedroom, they drop the ball. And I'll tell you, you know, you're talking about the fear instead of the relaxation and the comfort level with each other. Men can wonder if they're going to perform. You know, you're talking about the power of their dick. Is my dick powerful enough? Is it big enough? Can I stay hard long enough? Do I have an ejaculation too soon and ruin it for everybody?

Anna Cordin (15:54)
Yeah.

Scot McKay (15:55)
What does she think of me? How is my performance gonna be? Am I gonna win or am I gonna lose here? And the next thing all the oxygen has been sapped from the sexual experience. The biggest lesson most men need to learn to be better in the bedroom is to start focusing on on your pleasure and your sexual success. And then next thing you know, ours kind of takes care of itself or you take care of it for us. And if we can just start enjoying

Anna Cordin (16:23)
You sound like an expert.

Scot McKay (16:25)
Your pleasure. Well, I've been at it a long time. Had lots of practice. Made,

Anna Cordin (16:30)
Yeah.

Scot McKay (16:31)
There's four kids in this family. So,

Anna Cordin (16:33)
Mm-hmm.

Scot McKay (16:34)
Someone said to me years ago on a on a show that they had live callers, You're an absolute liar. You suck. Women don't like you. I bet you're even a virgin. And I said, Well, if I'm a virgin, you should listen to me even more. And he goes, Why? What the hell do you mean? I go, 'Cause I got I got four kids in this house.

Scot McKay (16:53)
If I'm a virgin with four kids, you better double listen to what I'm talking about, buddy. And the host just started stifling laughter. Yes, exactly.

Anna Cordin (16:57)
You're a saint!

Scot McKay (17:01)

But truthfully, it isn't rocket science. It's just we as guys get all inside our head, as they like to say, the Eckhart Tolle stuff rolls in and we just

Anna Cordin (17:10)

Mm.

Scot McKay (17:11)

we just start being absorbed in competition, wins and losses. truth be told, if you're if you don't get it up in the bedroom, the woman will blame herself. She'll say, I'm am I not sexy enough?

Anna Cordin (17:23)

Exactly, we get that right away. We think something's wrong with us.

Scot McKay (17:26)

And if if you blow your load as soon as she takes her bra

Scot McKay (17:29)

off, she's gonna feel pretty good about herself. I still got it, yeah, not bad. Yeah,

Anna Cordin (17:31)

Not bad. That is better.

Scot McKay (17:34)

pretty good. Yeah. I

Scot McKay (17:37)

So a lot of this is just taking ourselves less seriously and and this isn't a job. We're supposed to enjoy this. guys dream of getting a woman naked and then they get her in her bedroom and tear her clothes off like a kid going through Christmas morning, you know, through the wrapping paper. And and they're not savoring it one bit.

Anna Cordin (17:57)

But you know what? The Hollywood is portraying these things. If you watch any Hollywood movie, it's always like door opens, the guy's like slam her at the wall, lifts everything, takes her pennies, absolutely always put the arms...

Scot McKay (18:21)

Go ahead and say that again, I can cut it. You you had it you had a glitch in yours. Yeah, go ahead, give us a just start start from the Hollywood thing.

Anna Cordin (18:28)

But if you see Hollywood movies, you know, always they portray this you know episodes when sex starts. They almost it's like almost

Scot McKay (18:39)

Yeah.

Anna Cordin (18:39)

Propaganda! I mean guys learn from this. The doors open, you know, he

Scot McKay (18:46)

Uh-huh.

Anna Cordin (18:47)

he moves her backwards and she's going backwards on high heels.

Anna Cordin (18:51)

Slams her at the wall, grabs her legs like this, and nails her, rails her, whatever it's my new term I learned, rails her against the wall. One, two, three. And she's like, you know, like how the woman

Scot McKay (19:05)

Uh-huh.

Anna Cordin (19:06)

can come so fast, you know? I understand

Scot McKay (19:08)

Yeah.

Anna Cordin (19:09)

the guys. Or kitchen counter as well. You know, you know, we all

Scot McKay (19:13)

Yes.

Anna Cordin (19:13)

these things.

Anna Cordin (19:15)

Or a storage room somewhere in the back of the restaurant. It's just always the same scenario. And then people watch a lot of porn, so women know how to say, they know what to do, and the guys think this is a good idea, and and no one just knows nothing. You know, the more information we have, the less we know. No one is truly in the

Scot McKay (19:38)

Yes. Yeah.

Anna Cordin (19:40)

moment.

Anna Cordin (19:43)

Don't you think? Thank you. I'm trying.

Scot McKay (19:43)

You are so much fun. I just think you're great. I I I

Scot McKay (19:46)

don't even think you realize how much entertainment you position with the education you're offering. You're just doing a great job. You

Anna Cordin (19:55)

Ha ha ha

Scot McKay (19:57)

know what? My wife and I call the phenomenon, the televised phenomenon you were referring to. We call that streaming service sex. Or Yellowstone sex. That's what we call it. You're you're so right.

Scot McKay (20:12)

Any any streaming service that's allowed to be like R-rated but not X, my god, the sex is always so bad. House of Cards, remember the... movie where it was in Washington with the politics? It was the same thing. They would just meet and he'd lift her skirt and just pound her against the wall a few times, and they're both still fully clothed. And he's like apparently

Anna Cordin (20:34)

Exactly.

Scot McKay (20:36)

doing his thing, and she's like... But there's nothing going on. And and

Anna Cordin (20:39)

Exactly, that's how we

Anna Cordin (20:40)

learn.

Scot McKay (20:42)

Yeah, nobody takes those scenes seriously. You know what my wife says about that? She's like, just leave it out or imply it. just close the door and obviously they're gonna go do the wild thing. Don't show us that 'cause it's just bad acting. If we need to go see sex, we'll watch porn or something. But my wife will even call that out. Yeah. Yellowstone sex, streaming service sex, yeah.

Anna Cordin (21:03)

Mm-hmm

Scot McKay (21:04)

Bad. Yeah. Yeah.

Anna Cordin (21:04)

Yeah. Okay, I'll watch that.

Scot McKay (21:08)

The TV show Heroes, remember that was terrible about that. And that was like a network

Anna Cordin (21:11)

Mm-hmm.

Scot McKay (21:12)

show, which makes it even worse. Yeah. Now the porn.

Scot McKay (21:16)

I I I don't think you can take porn and throw it all in one bucket. I think there's

Anna Cordin (21:22)

Okay.

Scot McKay (21:22)

porn that actually can help you do the right thing in bed and I think if you watch the wrong porn you're

gonna do all the wrong things in bed.

Anna Cordin (21:29)

Again, connoisseur is speaking.

Scot McKay (21:32)

Probably.

Scot McKay (21:34)

it's hey, it's it's all... It's, it's science. It's research. #research Yeah, send you...

Anna Cordin (21:36)

Send me some links

Scot McKay (21:39)

Guys should watch porn made for women. By women. And there's porn houses that are women-friendly porn. And guys are, I gotta be some kind of simp if I'm gonna watch that. You wanna learn something from the sex, watch some porn for women made by women. Know what turns women on. Not only

Scot McKay (22:05)

visually but the aura, the vibe and the actual physical acts now you're getting somewhere.

Anna Cordin (22:09)

Mm-hmm.

Scot McKay (22:10)

And if you actually like women and you like the whole experience of sex with women, not just inserting the round round peg in the round hole, it's actually hotter even to men to watch this stuff. But yeah, indeed.

Scot McKay (22:25)

Boy meets girl, they get naked and they pound each other out, or some completely ridiculous experience. that's not that's not teaching guys good habits. But what I've heard from people who are alleged experts about how porn ruins guys in the bedroom is because of the pattern of male masturbation and how that doesn't translate to real-world sex. That's what

Anna Cordin (22:49)

Mm-hmm.

Scot McKay (22:49)

I've heard most of the negative talk about. There's also

Scot McKay (22:54)

there's always truth people don't talk about because it's too uncomfortable.

Scot McKay (23:01)

The guys I know who have the least problem with porn addiction or porn usage and the least amount of guilt over it actually have a reasonably solid track record of sexual success. They've had lots of girlfriends, they've had lots of sex, and they've had good-looking, sexy girlfriends. So they'll get on porn, and you know, every guy I've ever talked to with such a track record.

Scot McKay (23:31)

If he's honest with me, agrees with me. They go looking, they stop on women who remind them of

someone. she reminds me of so and so. Oh, yeah. Now and they're reliving an actual real memory going, that was pretty nice, right?

Anna Cordin (23:45)
Mm-hmm.

Scot McKay (23:47)
Where guys really stumble with porn and it creates a real negative view towards women and sex is when they're incels and they don't have a good track record of attracting women and having sex with them.

Scot McKay (24:00)
And they see these douchebags who seem no better than them banging these girls. And all they think about women is as sex objects anyway. And then they just get real angry and bitter because she's having sex with them and not him. And

Anna Cordin (24:15)
Mm-hmm.

Scot McKay (24:16)
then there are guys who don't have a track record of attracting the kind of women they really want. Hey.

Scot McKay (24:23)
Gentlemen, that's what we're trying to change for you if you're one of those guys. That is all about learned skill. You can do better with who you are and start raising that bar, I assure you. But when guys are getting nothing but...

Anna Cordin (24:32)
Ten thousand hours.

Scot McKay (24:34)
Something like that. 10,000 hours of experience, baby, no

Anna Cordin (24:36)
You know what? In this

Anna Cordin (24:37)
book, there is a chapter, it's called Stadium. my husband, one time after sex, we are talking, I'm like, asking questions that you're not supposed to ask. I'm like, how many women did you have before me? I mean, I'm his fourth marriage, right? He is just turned fifty. And you know what he told me?

Scot McKay (25:03)
Robbing the cradle there, Anna.

Anna Cordin (25:05)
A stadium of women. A stadium.

Scot McKay (25:09)
A stadium.

Anna Cordin (25:10)
A stadium. I was like, who are these people? Let me send them the you know cards, thank cards because I'm taking the evidence... Um, like dividends of of this practice.

Scot McKay (25:24)

Well, a stadium is a lot. that's that's

Anna Cordin (25:28)

Yeah.

Scot McKay (25:29)

Wilt Chamberlain said ten thousand and that would be, a minor league stadium, that would be Triple A ball. And he was pretty impressive. a tennis tennis stadium.

Anna Cordin (25:36)

No no no, it's it's a small stadium, small stadium, not too much of it. Yeah.

Scot McKay (25:42)

All right, well, that's impressive. However,

Anna Cordin (25:45)

Yeah.

Scot McKay (25:47)

if a guy hasn't had that many or he hasn't

Scot McKay (25:51)

ever been able to get any kind of woman he really wants, then finding a pornographic representation of the kind of woman who just does it for him does nothing but frustrate him. Because he can't have that. So yeah,

Anna Cordin (26:03)

Mm-hmm.

Scot McKay (26:04)

I understand the damage porn causes, and I understand especially the damage that streaming service sex causes. But if men learn how to relax and enjoy the experience,

Scot McKay (26:19)

and savor it, it's better for him and for the woman. And the other thing is, I think the more sexual experience you get, the less likely you are to panic and rush through it. You know, we talk, yeah, yeah, yeah.

Anna Cordin (26:29)

That's what I'm saying. Yeah. Mm-hmm.

Scot McKay (26:34)

It's like sports. You know, or surfing, like if you learn how to surf, the first time you actually stand up on a board and you're on a wave, you go, oh wow, oh wow, oh wow, oh wow, I'm actually surfing, I'm on a wave...

Scot McKay (26:46)

Crash! Because you're so overwhelmed by the experience happening around

Anna Cordin (26:49)

Mm-hmm.

Scot McKay (26:50)
you that you can't savor it. You can't relax into it. Right.

Anna Cordin (26:54)
It's like anything. Use

Anna Cordin (26:56)
it or lose it. Like I play violin. You can't just wing it. You have to practice to have a

Scot McKay (27:02)
Yes.

Anna Cordin (27:03)
decent performance. Yeah? And but but thank God

Scot McKay (27:06)
Right. So how can a performer

Anna Cordin (27:08)
thank God he did it when he was younger, before his first marriage and between marriages, because he got it out of his system, you know, finally. Mm-hmm.

Scot McKay (27:17)
Yeah, I think there's something to that too. I think just because

Scot McKay (27:20)
you've had a lot of partners earlier in life doesn't mean you can't be faithful to the woman you find and choose when

Anna Cordin (27:27)
Yeah.

Scot McKay (27:27)
you're ready to have that relationship. Let's talk about dancing. Because we haven't yet. Yes,

Anna Cordin (27:31)
Okay, my favorite topic, yes.

Scot McKay (27:36)
men don't like dancing.

Anna Cordin (27:39)
Yeah, I know.

Scot McKay (27:40)
and yet they know women love it. And they know women love a man who can dance. Now there's...

Scot McKay (27:46)
There's this phenomenon I've noticed that most men trip over their feet. They don't know how to lead a dance. They don't know what to do. But any guy who knows what he's doing can take a woman's hand and start dancing with her. And the woman dances like a champion with the guy because she's following his lead. What's going

Anna Cordin (28:04)
Yeah.

Scot McKay (28:04)
on there? And how does that relate to masculinity and femininity?

Anna Cordin (28:08)
Well you you're right about all women love to dance. And going back to the Hollywood, remember who wins like there are so many women love to dance in movies and in Hollywood the superhero usually a dancer. That guy who is hot is always a dancer. I'm not like refresh my mind who who shows which movies show men dancing.

Scot McKay (28:38)
Saturday Night Fever with John Travolta. Dirty Dancing with Patrick Swayze. Yeah.

Anna Cordin (28:38)
Tell me John Travolta, but he's dancing kind of solo. Dirty dancing.

Anna Cordin (28:45)
That blind guy dancing tango. I'm terrible with names, so it's not my strength. Who is that? Al Pacino. Al Pacino. huh. James Bond. Yes, Scent of a Woman. You know, and

Scot McKay (28:54)
Yes. Scent of a Woman. James Bond is a ballroom dancer, yes.

Anna Cordin (29:00)
And, and, and men watch these movies, but for some reason, you know, they don't pick up on that.

Anna Cordin (29:06)
Wink, you know what I mean? It's so important the man knows how to lead the woman. And the thing is that we have two legs and we have body weight transfer, right? Left and right.

Scot McKay (29:17)
Mm-hmm. Yes.

Anna Cordin (29:19)
A lot of men are actually pretty good at this. The prom that's all they do. They hold the woman and they go left and right from one foot to another. That's it already is an achievement, you know. If you are not

Anna Cordin (29:35)
afraid of that and you know and you really embrace the woman it's already enough but if you take basic steps of rumba which is waltz and foxtrot the same box step goes there and maybe a few more dance moves you are a superhero already. Guys underestimate

Scot McKay (29:59)
You are.

Anna Cordin (30:00)
it and you know what

Anna Cordin (30:03)
I am actually teaching dancing to guys because guys think it's just too too girly, too, whatever. I teach

guys how to dance. Not like dancing, but like engineering, geometry, physics. I say this is like all very intellectual craft. So

Anna Cordin (30:32)

I invite all of the guys of your podcast not to shy away from this. First of all, you learn a lot of interesting moves that are simple to learn. You can take 10 dance lessons in your life and actually be able to lead the woman. Second, you know, when take dance lessons, even if it's a group dance lesson, don't be afraid to actually embrace women.

Anna Cordin (31:01)

You should never be afraid of grabbing the body of the woman because it's like MMA a little bit. It's like little fight between people. People underestimate connection. It is a fight, you know, pull push. So you have to really like feel another human body and move her. Third, you are the leader, she is the follower.

Anna Cordin (31:29)

So you, if you want her to go this way, you're going this way. In the frame, you are actually leading. You're pretty much dragging her left and right, and you make her swirl. There is a halo here. Halo. So you you want a girl to turn, you put the hand. It's nothing really hard to do, but it really puts you on a different level in dating, in marriage. It's like

Anna Cordin (32:00)

It's gold, and it's not that hard,

Scot McKay (32:02)

Well let me tell you what.

Anna Cordin (32:03)

yes.

Scot McKay (32:05)

It is hard to be great at it. everything in life is hard to be a master at. Okay.

Anna Cordin (32:12)

True.

Scot McKay (32:12)

Or else there would be more masters.

Anna Cordin (32:14)

Mm-hmm.

Scot McKay (32:15)

The golden nugget of everything you just said. Well, there's two, but one of them's more fun and one's more practical. Let's do the practical one first. Get it out of the way.

Anna Cordin (32:25)

Okay.

Scot McKay (32:26)

If you are five percent of the way there, if you've taken two dance lessons and you can muddle your way through dancing, my God.

Scot McKay (32:35)

Women will think you're amazing.

Anna Cordin (32:37)

Yeah.

Scot McKay (32:38)

They'll want to marry you. Because

Anna Cordin (32:39)

Yeah, you're

Scot McKay (32:40)

there's probably other things good about you that she likes and is attracted to already. So if you take the time to just try, it's like you're in. You will be credited as having done the whole slate of dance lessons. I know

Anna Cordin (32:53)

Mm-hmm.

Scot McKay (32:54)

this because when I met my wife, she was interested in dancing, and I liked her a lot. So of course I agreed to a couple dance lessons.

Scot McKay (33:03)

And she was looking at me with this, these little angel eyes. It was the cutest thing ever. She just looked adoringly at me when I was

Anna Cordin (33:08)

Yeah.

Scot McKay (33:10)

successful at anything. She just thrilled when I did it right. And I was like, this has been left on the table my whole life. I should have had the two dance lessons

Anna Cordin (33:18)

I know.

Scot McKay (33:19)

and just been able to do this. You know what I mean? But I was

Anna Cordin (33:21)

Mm-hmm.

Scot McKay (33:21)

guilty as charged. I was one of those guys who were like, man, this dancing stuff is so lame. I don't want to do it. I don't have fun doing it. I don't like it. But man, if you want

Scot McKay (33:31)

to have a lot of women around you and you like women, that's a great place to start. Now, the other thing you said, and it's so Russian of you, it's so stereotypically Russian. It was like,

Anna Cordin (33:41)

Tell me.

Scot McKay (33:42)
this dancing, it's like a fight, you're fighting with a woman.

Anna Cordin (33:46)
Ha ha

Scot McKay (33:49)
Said no American chick ever, oh God, we don't want him to think like this is, you're comparing dancing to MMA, and all the guys are like, All right, okay, now

Anna Cordin (33:57)
Yeah.

Scot McKay (33:59)
I could figure that out. But women are like, dear God, no, don't go there. What I don't see is a problem. It is it is it is

Anna Cordin (34:04)
I got the selling point.

Scot McKay (34:06)
It is it is exactly right, though. It you I'm right, you're wrong. Is like a fight, man and woman fighting. And it's true, you

Scot McKay (34:14)
If you've been brainwashed by your HR department to think that if you ever touch a woman, you're going to jail. Guess what, gentlemen? You now have permission to touch her. This is dancing, okay? That brings up another... Legal molesting!

Anna Cordin (34:25)
Yeah, it's legal, legal molesting, legal molesting in public.

Anna Cordin (34:31)
You go, no, seriously, you go to social dance events. You don't know these people, but everybody of social dancing, have you been to salsa and bachata events?

Scot McKay (34:41)
You bet, yes.

Anna Cordin (34:43)
Oh my god! I mean, people have sex in clothes like in front of you that never met each other. It's like paradise for guys. I truly

Anna Cordin (34:53)
believe it's it's a part of gold.

Scot McKay (34:55)
And this gentleman is why guys go get Russian wives.

Scot McKay (34:59)
I want to ask you a question and it kind of goes back to the pulp fiction, you know, idea of is giving a foot massage, you know, over the line when it comes to you know, cheating, and another man's woman.

Scot McKay (35:16)

There are people who will swear up and down that dancing is not a metaphor for sex. So, you should let some other guy dance with your wife or whatever. And I'm like, come on. It is so obviously sexual. But I know

Anna Cordin (35:30)

Mm-hmm.

Scot McKay (35:30)

that there's gay men who love dancing with women, and obviously they're gay.

Anna Cordin (35:36)

Mm-hmm.

Scot McKay (35:36)

I don't think it does have to, it doesn't have to be that these two are headed towards the bedroom because they dance with each other. But I don't think there's any denying that.

Scot McKay (35:45)

Even from the position of being physical and the man leading, it is very much a metaphor for sex, isn't it?

Anna Cordin (35:52)

Yes, it is. And I'll tell you another thing that happened in this book. One of the chapters is I started dancing at the age of 32, and because I was depressed and I was like talking to my inner child like what I used to love when I was a little girl. So and the answer from my intuition came like I wanna try ballroom dancing. I never tried it. I watched this Dancing With The Stars show.

Anna Cordin (36:22)

I wanna go try it. So I went to the studio. Yes. Yeah. Because they're so... Right. And and

Scot McKay (36:24)

Which women devour, by the way. That show. Twenty seasons now or something? Yeah.

Anna Cordin (36:33)

you know what? They show the the behind the curtains, emotional breakdown, and women fall in love with their partner. Remember this? Like and then the... Oh, you you watch it.

Scot McKay (36:45)

I don't remember 'cause I don't watch it. I'm a dude,

Scot McKay (36:48)

yeah. No.

Anna Cordin (36:49)

It's like

Anna Cordin (36:49)

drama. There is such saga, women contestants fall in love with the dance teachers and they show them cry and then they show them you know chase their partner and then they go for dates, then there is a big breakup, you know. It's emotional saga, big time. And so what happened to me? I walked in in the dance studio, I used to live in Chicago back then, and

Anna Cordin (37:17)

I'm talking to the owner of the studio, that this Chinese girl, and there's somebody on periphery tall walking around. Then I hear Frank Sinatra is playing, and as I'm talking to the woman, somebody big, tall, and grabs me and starts dancing with me, just like that. I didn't even know any steps, and I'm like, I'm looking at him and and and

Anna Cordin (37:45)

my inner child is like, I'm in love with this guy. So I fell in love. classic shit. So fell in love with the guy. I thought I did, but it was not falling in love with the guy. We I didn't even know who he was. I fell in love with my passion. Since my childhood, I loved dancing for my grandparents. So long story short, we spent four years together fighting like a cat or and dog, but you know what?

Anna Cordin (38:15)

I learned a lot about ballroom dancing. And now when I have a single guy taking lessons from me, I tell him, look we are in personal space from each other. Don't mistake it for anything. I have to warn you, it's not what you think it is. I've done this mistake for you. Please, it's not what you think it is. It's it's engineering, it's physics, but nothing sexual here.

Anna Cordin (38:42)

You might feel something, but I warn you not to fall in love with me, okay? Deal and we do this to each other. I want people to know that. And the longer you dance, then the more you understand. It's just social dancing. Newbies.

Scot McKay (38:57)

Well the fact

Scot McKay (38:58)

that you have to issue that disclaimer is important here.

Anna Cordin (39:01)

Yes, but newbies fall into this hole a lot. So I warn all of you guys, you are not falling in love with your dance teacher. Don't make these mistakes. I made it for you already. Yeah. Yeah.

Scot McKay (39:14)

Don't make this any harder than it has to be, power of the dick lady. Yeah.

Scot McKay (39:19)

Not... Also not to be missed there is Chicago is a lot more like Siberia than South Florida.

Anna Cordin (39:26)

Yeah, yeah, but actually worse because you know what? In Siberia

Scot McKay (39:27)

windy and cold and I can understand.

Anna Cordin (39:32)

we didn't have humidity and wind. We didn't have that. It was kind of pleasant.

Scot McKay (39:37)

No.

Anna Cordin (39:38)

Lots of sun. But cold. Minus like whatever. Minus forty Celsius.

Scot McKay (39:47)

And on that note, this has been a fantastic conversation. I've had lots of fun. I want to point, guys, first of all, to getting a copy of your book. Because

Anna Cordin (39:56)

Yes.

Scot McKay (39:57)

I do think we should read it and devour it and learn what we can from you and the stories you have in it. The Power

Anna Cordin (40:04)

Mm-hmm.

Scot McKay (40:05)

of the Dick: A Love Story indeed.

Anna Cordin (40:07)

Yes.

Scot McKay (40:08)

And guys, when you go to mountaintoppodcast.com/amazon

Scot McKay (40:13)

you will find Anna Cordin's book at the top of the Amazon influencer queue for you, especially if you're listening to this one within a couple weeks of its release. Also, when you go to mountaintoppodcast.com/dance, five little letters, D-A-N-C-E, they will be teleported to your galaballroom.com site. And what are they going to find there, Anna?

Anna Cordin (40:39)

Well, if you're in South Florida, I could be your teacher. So if you are interested in learning how to dance socially, I teach very quickly. I use engineering and physics, as I said, and MMA tricks, and we perform. I play electric violin and I perform with my professional partner who is a world champion of 2026 around so South Florida for different events.

Anna Cordin (41:09)

Corporate events, private parties, you name it, we do this. But we are... We don't own the studio, we have DoorDash of ballroom dancing. We bring dance lessons to your doorsteps. We come to you, so you save time. And I know men who watch you are very busy, successful guys. So if you're in South Florida, call us.

Anna Cordin (41:38)

Mm-hmm.

Scot McKay (41:40)

DoorDash That sounds like a biz op. Well no DoorDash is the conceptual... That's the overarching

Anna Cordin (41:41)

DoorDash DoorDash DoorDash for dancing. I like it DoorDash.

Scot McKay (41:49)

con concept, but DoorDance is what you're doing.

Anna Cordin (41:52)

You just got this Yeah, DoorDance, thank you. I should trade

Scot McKay (41:57)

Go get that URL.

Anna Cordin (41:59)

trade yeah, trademark it. You're right.

Scot McKay (42:01)

You should, absolutely.

Anna Cordin (42:03)

I know.

Scot McKay (42:04)

Fantastic. What a fun show. I'm so glad to meet you. And I'm enjoying that the dynamic of you and your husband together. He's listened to this whole show, hasn't he? He's right there. Yeah. Yeah. Yeah. And

Anna Cordin (42:14)

Yeah, he's right there. Yep. Right there.

Scot McKay (42:23)

And guys are like, wow, could I handle a wife who talks like that, you know, in front of other people? And the answer is if you can't it's, your problem, you know. Yeah,

Anna Cordin (42:31)

No, he can handle me, yeah.

Scot McKay (42:33)

Yeah. My wife's friends wonder aloud sometimes how she can trust her man out in the field teaching guys how to meet women and attract them. But I'm not hitting on any women ever. I would never...

Scot McKay (42:45)

I I adore my wife. She's my favorite. It's all about charming women and making them like you. And then you can take it from there. It's not about hitting on women at all. So guys learn everything they need to be successful with women, and I'm always faithful to my wife. Sometimes she comes along. Yeah, jealousy jealousy sucks. Her name is Anna Cordin. She is all about dancing. She's also all about The Power Of The Dick: A Love Story. And

Anna Cordin (43:14)

Yeah.

Scot McKay (43:14)

If you are in South Florida, you need dancing lessons and she needs to be your teacher, guys. That's the way it works.

Anna Cordin (43:20)

Mm-hmm.

Scot McKay (43:21)

Anna, I'm so glad you came on the show. Thank you. What a great conversation. So much fun.

Anna Cordin (43:25)

Me too. It was really fun.

Scot McKay (43:27)

Okay. That's not hashtag me

Scot McKay (43:29)

All right, fantastic, fantastic. All right, guys, mountaintoppodcast.com. Go there, visit our sponsors.

Scot McKay (43:38)

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Scot McKay (44:07)

And until I talk to you again real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.