

【国际摄影学堂】妹纸，赶紧告别剪刀手吧，你需要学学这些姿势！

2016-09-03 天狼 (Sirius) 国际摄影学堂

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作者：Digital Photography School

译者：天狼 (Sirius) 微信：yalung

你可能曾绞尽脑汁想让女性摄影有创造性，你也可能只是简单的需要一些摆姿的指导，你应该需要看看下面的这些范例作为你的“摆姿小抄”。许多摄影师都是在拍摄前或者拍摄中用到这样的“小抄”。

这些摆姿仅仅是一些最基础的参考，你可以结合你的模特来探究一下，特别是当她们的价格不是很高的情况下。在拍照的时候和模特多讨论讨论，看看某个场景下哪个摆姿更适合一些。这样的话，你会越来越有经验。

好吧，闲言碎语莫要提，让我一个一个慢慢道来。



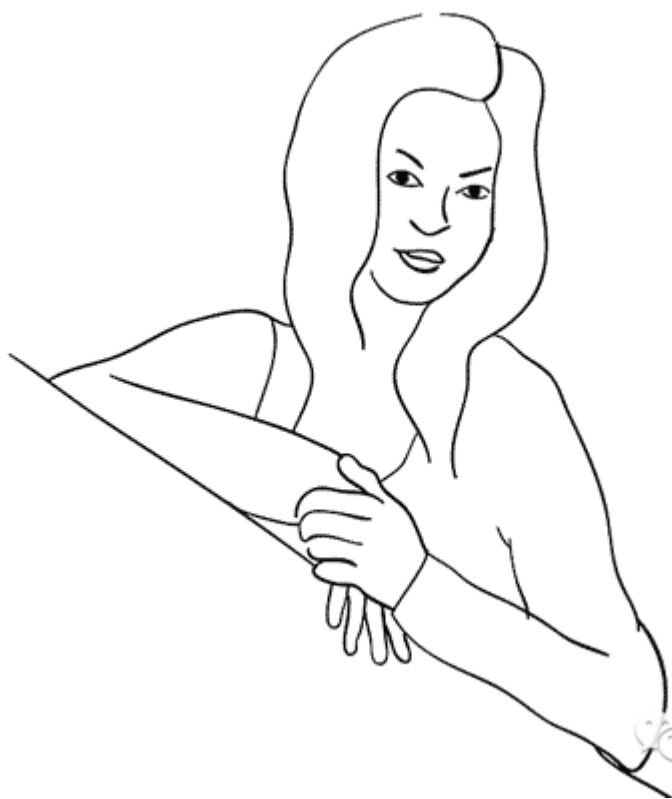
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1. 一个非常简单的开始，让你的模特从她肩膀的方向看过来，你可以让她多转几个角度，找找哪个角度拍的效果更好。



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2. 在人像摄影中，手通常是看不到的，至少不能太显眼了，不过，你可以创造性的让你的模特试试将手放在脸或者头的不同位置。但是，一定要记住，手掌不能是平的，也就是说，手永远都要侧对镜头。



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3.你可能对三分法的构图规则比较熟悉，类似的，你可以用对角线达到这种效果。记得你不用永远让你的拍摄保持完美的水平，不要害怕倾斜，你可能会创造出不同寻常的效果。



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4. 这是一个非常棒非常可爱的坐姿，模特的膝盖必须并拢，略微的从上向下拍摄。



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5. 另一个具有诱惑力的姿势是让模特横卧在地上，你也要趴下，让你的拍摄角度基本和模特持平。



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6. 横卧在地的一个变化，肘支在地上，这个姿势是户外草地或者开满野花的草地上的绝佳姿势。



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7. 一个很容易的姿势，但是效果却很好，拍摄者要趴下和模特基本保持一个水平面，试着在模特周围移动，边拍边移动，并试着让模特改变头和手的位置。



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8. 另一个非常棒的姿势，试试让手和腿改变位置，记得一定要对焦于模特的眼睛。



9.可以在不同地方拍摄，比如：床上、地上、草地、沙滩等。用一个非常低的角度拍摄，同样要聚焦于眼睛。



10. 很棒又很容易做的坐姿。



11.另一个简单而友好的坐姿，试试用不同的角度和方向拍摄。



12.一个体现模特身材的绝佳姿势，也可以拍剪影。



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13. 一个简单而看起来很随意的姿势，可以进行多种变化。试试让模特扭转身体，改变手的位置，并试试把头转向不同的方向。



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14. 另一个很简单又很优雅的姿势，模特稍微的侧转身体，手插在后口袋里。



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15. 身体轻微的向前倾斜，这个姿势也非常的迷人。而且，这个姿势可以微妙的强调上身的曲线。



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16. 一个迷人的姿势。把手放在脑袋之上，强调了身体的曲线，需要和身体的条件相适应。



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17.全身像有无穷的变化，这个姿势仅仅是一个基本款，可以让模特轻微改变身体的方位，或者改变手的位置，或者改变脑袋和眼神的方向。



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18.一个放松的站姿，模特站直了，背靠着墙。模特可以不仅背靠着墙，手也可以放在墙上，而且可以把一条腿靠在墙上。



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19. 这个全身像非常要求好的身材，苗条而运动类型的身材为佳。摆姿的注意事项也很简单：身体保持S型曲线，手放松，同时要注意重心在一条腿上。



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20. 一个优美的姿势，需要有苗条而运动的身材。可以据此进行各种变化。为了找到最好的姿势，告诉模特不时地慢慢的移动手和扭转腰。当你看到一个好的变化可以让模特保持静止并拍照，多试试多拍拍。



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21. 绝对浪漫和优美的姿势，任何的服装，甚至是一个窗帘都可以。后背不需要全裸，有时仅仅裸露肩膀也非常好。

这些姿势仅仅是一个开始，希望你能在不同的情景下用到一些。记住，这仅仅是一个开始，每一个姿势都可以有无穷的变化，你可以根据需要进行变化，比如改变拍摄角度，让模特改变手、头、腿等。

(本文最初由译者发布于译言网，由译言网最先发布于微信公众平台，此文章被两位土豪打赏过，赚到了人生第一笔译稿费：10元。)

译者简介：天狼（英文Sirius），科研人员（博士学历），摄影只是业余爱好，将国外的摄影教程用中文翻译过来，让您直接接触第一手资料（非本人允许，谢绝转载）。



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以下为原文：

Posing Guide: 21 Sample Poses to Get You Started with Photographing Women – Part I

This is the first in a series of Posing Guide posts by Kaspars Grinvalds from [Posing App](#). See below for links to the full series of posing guides including for kids, men, couples, weddings and more. Check out our new [Portrait Posing Book](#) and [Portrait Posing Printables](#) for more advice and posing ideas.

If you ever run out of ideas, get stuck in creativity or simply need some guidance when shooting female subjects, you may use following posing samples as a “posing cheat sheet”. Many pro photographers use such a technique when preparing for and during the photo shoot.

The poses in this article are selected as initial reference. I would advise to look at the poses together with your subject, especially if she's inexperienced. During a photo shoot don't hesitate to discuss with the subject which pose is or isn't working in any particular situation. It's usually very productive and you both will feel more confident in what you are doing.

OK, let's start, one by one.

1. Very simple portrait pose to start with. Have the model look over her shoulder. Note how unusual and interesting a portrait might look, if shot simply from a different angle.

2. In portrait photography, hands are usually not visible or at least not dominant. However, you might get creative by asking the model to play around with her hands trying different positions around her head or face. Keep in mind, though: No flat palms, and the hands should only show their sides!

3. You might be familiar with composition rules like the rule of thirds. In a similar way, pleasing effects can be created by using diagonals. Also remember that you don't need to always hold your camera on a perfectly even level. Don't be afraid to tilt it, you might achieve some interesting and unusual perspectives.

4. A really nice and lovely pose with a model sitting. The knees have to touch each other. Shoot slightly from above.

5. Another open and inviting pose with the model lying on the ground. Get down and take your shot nearly from the ground level.

6. Just a variation for a pose with the model lying on the ground. Both hands might as well be resting on the ground. Works very well outdoors, on the grass or in a wild flower meadow, for example.

7. A basic easy pose, yet looks absolutely stunning. Get down and shoot nearly from a ground level. Then try to move gradually around the model while making shots. Also ask your model to change head and hand positions.

8. Another easy yet gorgeous pose for all body types. Try different hand and leg positioning. And remember to focus on the model's eyes!

9. A really lovely pose. Works well in different surface settings: The model, for example, might lie on a bed, on the ground, in the grass, or on a sandy beach. Shoot from a very low angle and focus on the eyes.

10. Gorgeous and easy pose for a model sitting on the ground.

11. Another simple and friendly pose for a model sitting on the ground. Try different directions and angles.

12. A wonderful way to demonstrate the beauty of a model's physique. Works very well as a silhouette when shooting against a bright background.

13. A simple and casual looking pose. Lots of variations are possible. Ask the model to twist her body, experiment with hand positioning and try different head turns.

14. Another very simple and elegant pose. The model is turned slightly to the side, hands in back pockets.

15. Leaning slightly forward can be a very attractive gesture. It is a subtle way to emphasize upper body shapes.

16. A sensual pose. By holding the hands above the head body curves are emphasized. Works with fit body types.

17. Endless variations are possible for posing in full height. This pose is just the starting point. Ask the model to slightly turn her body, change hand positioning, change head and eye directions etc.

18. A relaxed pose with the model standing upright and supporting her back against a wall. Remember that the model may use a wall not only to support her back, but also to put her hands on, or resting a leg against it.

19. Note that full height settings are very demanding and work well only with slim to athletic body types. Posing guidelines are simple: The body should be arched in an S shape, hands should be relaxed, while the weight finds support on just one leg.

20. An exquisite pose for slim to athletic models. Many variations are possible. In order to find the best posture, tell the model to slowly move her hands and twist her body constantly. When you see a good variant, ask your model to hold still and take some pictures. Repeat for a full set.

21. An absolutely romantic and delicate pose. Any kind of cloth (even a curtain) can be used. Note that the back doesn't need to be completely bare. Sometimes as little as a bare shoulder could work pretty well.

So, there's something for you to start with. Hope you will find at least a couple of poses to work with in different shooting scenarios! Keep in mind that each of the initial sample poses is meant to be only a starting point. Each pose has endless variations! Just be creative and adjust the pose as needed (for example, try different shooting angles and ask your subject to change hand, head and leg positioning etc.)