Ex Emmerdale and Coronation Street star Denise Black, 63, strips completely naked and says 'I'm p

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Ex Emmerdale and Coronation Street star Denise Black has stripped completely naked as she admitted that she is "proud" of her body.

The 63-year-old star bravely dared to bare for a mirror selfie, which she posted to her Instagram page.

Denise dared to bare for this Instagram snap

The 63-year-old star admitted she's 'proud' of her body

In the snap, Denise is completely naked with her back to the camera for the full-length portrait.

Her bare bottom is on display, with the actress turning her head as she took the pic on her mobile phone.

She opened up about body confidence in the post's caption, writing: "I have decided to post this. I am very proud of my body at 63 - and this after a wasted lifetime of finding fault. Lifeâ€™s too short (not me, LIFE).

"Enjoy it all! Even the pain. All of it."

Denise went on to promote her upcoming play - jokingly reassuring fans that she will be fully dressed when she takes to the stage.

She shared: "I am so very very happy to be working in â€˜Mumâ€™ by @morganlloydmalcolm directed by @abstergraham and soon to be performing @theatreroyalplymouth and @sohotheatre Itâ€™s a Belter of a play. Hope you can come (and donâ€™t worry, Iâ€™ll be wearing clothes)."

Denise's followers were blown away by the selfie, with one writing: "Incredible and fabulous, quite right to be proud!!"

Another cheekily commented: "Thatâ€™s a fabulous bottom Denise".

A third gushed: "You're so beautiful!"

Denise is best known for her soap roles, with the TV favourite playing Denise Osbourne in Corrie after joining in 1992.

She remained on the show for five years, with brief reprisals in 2007 and 2017.

In 2013, Denise joined Emmerdale as Joanie Wright, initially appearing for three months before returning in 2015 as a regular cast member.

Her character was killed off in 2017 after a heart attack following a short stint in prison.

Denise is also fondly known for her role in Channel 4 cult classic Queer As Folk, playing the role of Hazel Tyler in in all 10 episodes of the '90s Russell T Davies hit - returning as Hazel's ghost in 2015 follow-up Cucumber.

- The Sun