

# Learning The Backward Line-Step One Foot

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Photography by **Lynn Novakofski**

**W**hen attempting a backward line-step one foot, it is very important to first be comfortable with the basics and fundamentals. Before attacking this impressive trick, you should be strong and consistent with regular backward one foots – and as this article does not include the handle pass – and be able to “load up” and ride the line-step position comfortably. After you have mastered these prerequisites, you will be sufficiently prepared for a one foot in the line position.

The first thing that you need to think about once you are in the line-step position is getting tall. Keep in mind, though, that this does not mean straightening your legs out, just lifting your upper body a bit taller than a normal backward stance. Your knees must stay bent throughout the whole trick, especially when converting to the long line, in order to stop any tracking and lock yourself in place. This is key during a line-step one foot because you will have to be balanced and completely centered over your chosen foot to make the trick clean and consistent. Also, make sure that you have one hand off of the handle and held up high to keep yourself balanced and your shoulders square. The hand that is on the handle should be in between your legs. To ensure this hand placement is attained every time, think about squeezing your fist between your thighs. Whichever hand you feel most comfortable using is fine, as you will not need to switch hands as you switch feet.

Now that you are riding this stance comfort-

ably, you are ready to begin to lift that foot. At first you may feel uneasy when thinking about picking it up, but resist the impulse to just toss it in the air, hoping for the best. Play with your weight, shifting from one foot to the other. You need to have 99 percent of your weight on the ski foot before lifting the other off of the water. Remember that there is no need to lift it up incredibly high, just slowly scoop it out from under you, hinging at the knee, and ride it away. Nothing needs to be done quickly, just smoothly.

**This is a great trick to do in competition, or just out on your home site. It not only looks cool, but also builds your basics and will make you an even stronger skier.**

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Once your foot is in the air, you may feel a twisting sensation coming from the handle. This is only because of the awkward place the handle is pulling from. Do not worry because it is normal and will not actually turn you around as it may feel. Once you get past the uncertainty that this feeling often brings, the trick will feel smooth as butter.

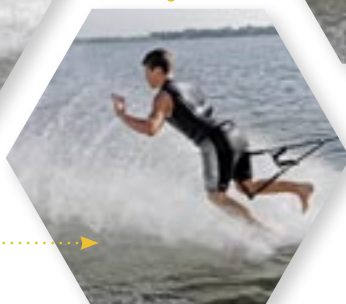
If you have executed all of the above, then you are now riding a perfect backward line-step

one foot. You are standing tall over your ski leg with your knee bent and one hand held high. Now, all you need to do is slowly sweep that foot back underneath you and continue skiing in your original line-step position. When lowering your foot, I recommend feeling for the water with your toes first, before shifting your weight back onto your foot. As I said before, nothing needs to be done fast.

This is a great trick to do in competition, or just out on your home site. It not only looks

cool, but also builds your basics and will make you an even stronger skier. Have fun with it, and keep on skiing!

*A.J. Porreca is a KSO team member. Keith St. Onge's Barefoot Ski School is located in Winter Haven, Fla. For more information, visit [kso-barefoot.com](http://kso-barefoot.com), call (863) 887-0039, or e-mail [reservation@ksobarefoot.com](mailto:reservation@ksobarefoot.com). Whether you are a serious tournament skier or you just 'foot for fun, all levels are welcome! Sponsored by MasterCraft, Vortex Wetsuits, Gopal's, US Gear and Clincher.*



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