

Names of the game

Freestyle skiing has brought with it a new vocabulary that names and describes the things now done on skis.

Uprights: A host of moves done while flying as far as 100 feet through the air with the body maintaining a more or less upright stance throughout.

Backscratcher: The tails of the skis literally touch the back of the skier's shoulders during flight.

Daffy: One leg and ski are swung forward, the other leg and ski backward in an attempt to do the splits.

Twister: The skis are twisted to one side or the other by at least 90 degrees and then again brought in line with the direction of flight.

Helicopter: The whole body rotates around its vertical axis for a full 360 degrees. This is often called a 360. A double helicopter involves a 720-degree rotation. A few very adept professionals can even pull off a 1080—three full vertical body rotations.

Basic forward somersault: This is done in either tuck position (knees drawn up to the chest), pike position (legs straight but waist bent into the jackknife position familiar to divers) or full layout position (body rigidly straight with a nice arch to the back).

Lincoln Loop or Sidewinder: An airborne cartwheel, or what a pilot might call a barrel roll.

The Reuel: While under way one leg is raised high to the rear with the back well arched, very much like the camel position used by figure skaters.

Leg breaker: While moving along smartly the skier twists one leg around to reverse the direction in which the ski points.

Tornado: A series of closely connected leg breakers.

Axle: The skier leaps from the inside edge of one ski, revolves 1½ times, and lands on the inside edge of the other ski.

Reynolds wrap: An axle with the legs in crossover position.

Windmill: The skier vaults up onto his ski poles, then rotates his skis at least 1½ times, like a propeller, before landing.

Worm turn: While coasting along the skier suddenly lies back, rolls body and skis over toward the downhill side, then stands up.

Slow dog noodle: When the skier is about to turn around a mogul he suddenly comes to an almost complete stop on its crest. ◀