

How to Do a Crossover on Skis

By Allen Smith, eHow User



One of the best ways to impress your friends while out skiing is to throw in a simple trick that demonstrates your agility on skis. While many tricks require taking huge risks and becoming airborne, there are a few that are relatively easy and your feet never need to leave the snow.

Crossovers are simple tricks that were popularized in the 1970's but still look great. They are also great for fine tuning balance.

Difficulty: Moderately Challenging

Instructions

things you'll need:

- A pair of contemporary skis--the shorter the better
- Ski poles
- Moderately sloping hill

- 1 Begin by pushing off to gain momentum. Crossovers are often easier to do while moving than standing still.
- 2 Shift all of your weight onto the left foot and lift the right leg straight ahead of you, keeping your knee straight.
- 3 Flex the right knee and tuck the right ski tail over the left boot. Gradually lower the right ski onto the snow until all of your body weight is on the right ski.
- 4 After extending the right leg, bend forward at the waist and pull the left ski out from underneath your body.
- 5 From here, you can either stop by placing the left ski next to the right, or continue by repeating Steps 2 through 4.

Tips & Warnings

- Start out on a moderately sloping hill.
- Keep your knees are bent at all times.
- Be sure to look ahead and not at your feet.
- Do not attempt to learn crossovers with long skis.