

How to Do a Royal Christie on Skis

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If you've ever wanted to show off to your friends with death defying ski tricks or impress that first ski date with stunning feats of bravado, then wowing them with a Royal Christie may be your opportunity. Popularized in the 1970's, Royal Christies are still used today to teach proper edge handling and balance. Here's how you do them.

Difficulty: Moderately Challenging

Instructions

things you'll need:

- An easy to moderate ski run without skier traffic
- A friend to keep watch for you
- A pair of skis

- 1 Begin by sliding forward across the hill. Do not ski straight down the fall line-- your speed will increase too quickly.
- 2 Slowly transfer all of your weight onto the downhill ski until you can lift the uphill ski off of the ground.
- 3 Turn a flat downhill ski by pressing your weight forward with your shin against the top of your boot. At the same time, bend forward at the waist, slightly flexing your knees.
- 4 Once all of your weight is transferred to the downhill ski and you've initiated the turn, slowly lift the uphill ski out to the side and to the rear until the ski is behind you in the air.
- 5 Finish the turn by steering the ski around until you've crossed the fall line.
- 6 Once you've crossed the fall line, reverse the procedure by switching your weight from your uphill ski to the new downhill ski.

Tips & Warnings

- Start slowly on a moderately steep slope. The beginner's area is a good place to practice.
- When turning the skis, let them slowly come around. Don't try to turn them too quickly.
- Keep your center of gravity over your uphill boot.
- Never begin a Royal Christy by heading straight downhill. You'll pick up speed too quickly.
- If you lose your balance or the turn doesn't start, stop and start over again.