

How to Master a Worm Turn on Skis

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If you've always wanted to impress your friends with a new trick on skis but can't imagine yourself flying over jumps or crashing in half pipes, then learning a worm turn is a simple way to get started. And the best part is you don't even have to leave the ground!

Difficulty: Moderate

Instructions

things you'll need:

- A moderate slope
- Skis, boots and poles
- Snug fitting clothes

- 1 Begin by pointing your skis straight down the fall line with your feet directly underneath you. Worm turns should never be attempted skiing across a busy ski run.
- 2 Sit down on the back of your skis. When your rear end is touching the back of your ski boots, lay back onto the tails of your skis. Extend your arms (with your ski poles) straight out behind you so that all parts of your body are directly in line with your skis.
- 3 While moving slowly down the hill, gently roll over to the right or the left, keeping all of your body parts in line. Do not allow your back or legs to twist. Continue until you have rolled onto your stomach and back onto your skis.
- 4 Once you reach the original position, sitting on the back of your skis, sit up, bringing your arms in front of you. Continue until you are standing back on your skis.

Tips & Warnings

- Start with a gentle slope and never attempt a Worm Turn while skiing across a hill.
- Be sure to keep all of your body parts in line. Do not twist your body.
- Wear snug fitting clothes to prevent gathering snow inside your clothes.
- Always look uphill for oncoming skiers before beginning the trick.
- Empty your pockets of any fragile items such as sunglasses. You may break them when you roll over onto your stomach.