

How to Perform a "Butt Crack" on Alpine Skis

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One of the most challenging aspects of becoming a great skier is learning how to control of your edges. Without complete mastery of what's happening below your feet, there's little hope of being able to perform more difficult maneuvers.

One [exercise](#) that's taught in ski instructor clinics across the country is the "Butt Crack." Named after the marks that your skis leave in the snow, the butt crack goes beyond simple side slipping or falling leaf [exercises](#) and teaches you how to control fore and aft pressure control as well as mastery over your edges.

Difficulty: Moderately Challenging

Instructions

things you'll need:

- A pair of contemporary shaped skis
- A moderately steep slope free of moguls and skier traffic

- 1 Begin by standing with your weight evenly over both skis, pointing across the fall line. Your skis should be pointing slightly downhill--just enough to get moving.
- 2 Press your shins against the front of your boots and roll your ankles uphill to initiate an uphill turn, coming to a complete stop.
- 3 Shift your weight from the front of your boots to the rear. You should feel the back of your ankles press against the backs of your boots. If done correctly, this move will initiate a backward slide.
- 4 Continue sliding backward, steering the tails of your skis uphill until your ski tips are heading straight downhill and you momentarily come to a complete stop.
- 5 Shift your weight forward to the front of the boots again, steering your skis uphill in the opposite direction. Continue steering your skis uphill until you come to a complete stop. Repeat Steps 3 and 4 again in the opposite direction.

Tips & Warnings

- Pick an uncrowded slope that has at least a moderate slope--the exercise will not work if the slope is too flat.
- Have patience and let the skis and your feet do the work.
- Always practice the exercise on a slope with minimal traffic.
- Do not try to turn too quickly. The entire point of the exercise is to guide the skis with your feet and the skis.