

The Back One-Foot-On-Rope

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The back one-foot-on-rope is not necessarily a trick that will score in tournaments, but it is very helpful for the beginning stages of learning back toeholds, and it looks great for a picture or showing off. Before attempting to perform this trick, one should be rock solid in the backward position and be able to ride both one-foots consistently and comfortably.

Once you are ready to begin the back one-foot-on-rope, the first thing you want to do is make sure you are

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in a stable backward position, with your feet generally close together, your knees bent, and your eyes and chest up. Shift your weight slowly over the foot that you wish to stand on, and try to bring the opposite hand to the center of your butt, keeping your wrist firmly pressed to your suit. Lift the foot into a comfortable one-foot and ride it for a few seconds. Little by little, reach the foot upward in the air without straightening the ski leg or leaning

away. Once the foot is high enough, hook it on top of the rope with your ankle and apply pressure downward. This locks the leg in place and allows the pull to come more from your hips, meaning that you can arch your back up into a nice, clean position. This is a very similar position to a back toehold. Since the leg is locked on the rope and your foot is riding flat and smooth on the water, you can now let go with the hand on the same side as the ski leg. Letting go with the same arm as the ski leg allows the opposite arm to feel all of the pull. You want this to happen because it will create a cross-body pull that will help you balance and stay centered over your foot.

Enjoy the trick and, when you want to recover to the back two-foot position, just re-grip the handle, slowly release the rope from your ankle, and set down just like a normal one-foot.

When this trick is mastered, you should be able to ride both the basic and the reverse comfortably and consistently. Learning this skill straight on the boom is the most efficient way to learn at first, even though it is possible to jump right to the long-line. Take your time with it, and you will find your skiing basics stronger than ever.

The World Barefoot Center is located in Winter Haven, Fla. Whether you are a serious tournament skier or you just 'foot for fun, all levels are welcome. Visit worldbarefootcenter.com or call (863) 877-0039.

