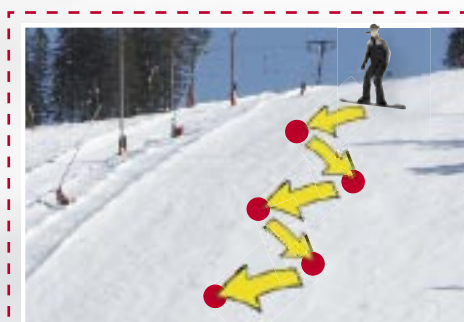




## SLIDE AWAY

The key with **linking** your sliding moves is to start nice and slow and gently **alter** the pressure on the board. Feel how the board **reacts** to you putting a little more **pressure** on the heelside and on the toeside.

*Before travelling down a slope, study its features and plot out the best route to get you to the bottom.*



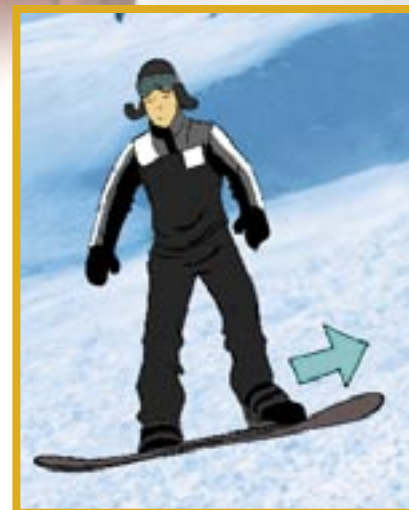
*In falling leaf turns, you move down a slope from one side to the other.*

**YOU CAN USE THE FALLING LEAF TO GET ALL THE WAY DOWN A SLOPE.**

**WILMA**

# FALLING LEAF TURNS

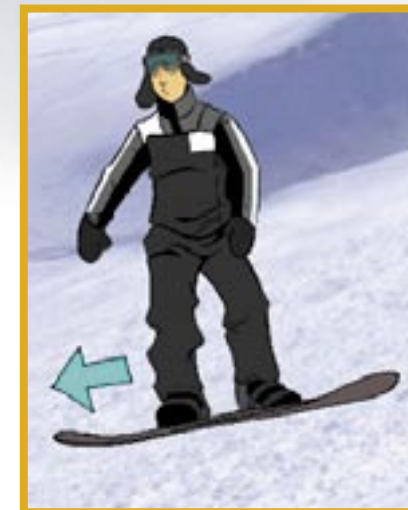
You can **link** your **toeside** and **heelside** sliding moves together. Done well, these will see you travel gently back and forth across and down a slope. The pattern you make is like a leaf falling in **autumn**, hence its name.



**1** At the start of your run, ease more pressure onto your front foot. This will push the front of the board down and move you forwards.

**2** As you progress, gently move your weight onto your rear foot. This will ease the back of the board down and slow the board.

**3** The nose will rise slightly and the board slow even more. As it's about to stop, put more pressure on your back foot.



**4** Change the direction you are looking in. You should now be looking up in the direction of the tail of your board. Your back leg becomes your front leg.

**5** Again, as you progress down the slope, move the weight to the rear foot, lowering the back of the board and slowing it slightly.

**6** To continue the falling leaf pattern and switch directions, keep alternating the pressure from front to back as you cross the slope.