

SNOWBOARD ROTATIONS

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GOOFY RIDERS

A goofy rider heads down the piste with their right leg leading for every turn.

GOOFY RIDER ROTATIONS



COMMON ROTATION PHRASES



CAB 1

Abbreviated name for a Switch Frontside 180 rotation. A pure Cab rotation would be a Switch Nollie Frontside 360 rotation.



FRONT 3

Abbreviated name for a Frontside 380 rotation.



HARD WAY

Using the unnatural edge for initiating the rotation. Commonly spinning Frontside off the toe edge or Backside off the heel edge.



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