

Longboard Dancing & Freestyle (LDF) Dictionary

Version 2026-01-08

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Disclaimer: This document is still work-in-progress. It will be reviewed regularly and revised if necessary.

Bias Declaration: The perspective of the author is very likely biased. First, there still appears to be a communication barrier regarding regions where English is not very commonly spoken or not the main language and where there is a restricted use of social media platforms or other social media platforms are used. Second, since the author is actively practicing LDF himself, is part of certain communities, and grew up with certain LDF role models his view cannot be completely objective. The author is aware of these potential biases and wants to clearly state them to be transparent. Feedback is very welcome!

1. Introduction

This is a first try to systematically write down, describe and explain the terminology used in *Longboard Dancing & Freestyle* (LDF). To the authors knowledge, currently there is nothing like an official organization or institution for LDF that officially defines LDF terminology. As a consequence, the LDF terminology might be clear for people that are part of an active LDF community or already practicing LDF for quite a while but it will likely be incomprehensible for “outsiders” or people that are just starting to practice LDF. The *International Longboard Dance and Freestyle Federation* (ILdff) states itself as “the international independent governing body for the sport of longboard dance freestyle” (ILdff, 2021, “The ILdff” section)¹ but has not released something like a dictionary of LDF terminology yet. Therefore, this list is a try to provide some clarity. It is rather a description of how the terms appear to be used than a strict definition and we are open to feedback. Especially, because a lot of terms, mainly regarding the naming of movements, appear to be used inconsistently even within the LDF community itself. This dictionary does not contain precise and in depth analysis of or tutorials for LDF movements but tries to describe the most common ones in their roughest form to create an overview.

A lot of terms used in LDF are taken from other disciplines of skateboarding and already have a long history. It is furthermore worth mentioning that some terms might be used differently in other disciplines of skateboarding compared to LDF and notes are made whenever the authors were aware of.

¹ International Longboard Dance and Freestyle Federation (2021). *The ILdff*. Retrieved January 27, 2025, from <https://ildff.com/>

Before starting with the terminology used in LDF it appears helpful to at least roughly describe the phenomenon of LDF. What can be considered LDF, to what extent it can be seen as a sport, as well as a suggestion for a descriptive definition of LDF was already given elsewhere²³ and is only cited here:

“LDF can be described as performing movements with or while riding a longboard. It is done [predominantly] on a flat surface area without obstacles. The movements are performed [mainly] on the rhythm of the longboard carving in motion and/or bouncing. Some movements may also be done intentionally without the longboard carving and/or bouncing but just being in motion or while the longboard stands still briefly. The movements performed can roughly be categorized as steps on and tricks with the longboard or a combination of both. For some movements few steps intentionally off the board, on the ground, can be incorporated. The term Dancing in LDF stresses that LDF is all about making the movements appear aesthetic, rhythmical, fluent, and effortless as a whole performance. The term Freestyle in LDF emphasizes creativity and the freedom to express oneself as important key elements of LDF. LDF can be performed on music but does not have to” (Buchmann, 2024, p. 4-5).

The terminology explained in this dictionary is structured in the following six categories:

1. Stances & Basics
2. Setup & Gear
3. Movement Techniques & Categories
4. Steps
5. Tricks
6. Manuals

In case the explanation of a term includes another term that is also explained within this dictionary it is written in *italic*.

When known and available, reference videos were added for *Steps*, *Tricks* and *Manuals*. These could either be explanations or demonstrations. Here, when possible the most relevant references were chosen. This could for example mean that the reference made the name of the movement popular, or that the athlete is the person that created the specific movement, or that the athlete is often associated with the specific movement. There are countless videos on various platforms across the internet with LDF movements which cannot all be listed and referenced in this dictionary but efforts are made to gather and structure all the existing LDF movements. Moreover, the efforts of Nikita Dvortsov (Nickname “imagracial”) from Russia shall be mentioned here because he created a Telegram channel where he regularly puts in videos of LDF movements which to the authors knowledge at the moment comprises the biggest collection of LDF movements with over 450 videos⁴. There are also other efforts of people the authors are aware of that contribute to the collection of LDF movements. Worth mentioning here appear to be:

² Buchmann, D. (2023, September). *Longboard Dancing & Freestyle (LDF)*. Sportkommission Skateboard. Retrieved January 28, 2025 from <https://skateboarddeutschland.de/longboard-dancing-freestyle-ldf/>

³ Buchmann, D. (2024). Reliability and Validity of the ILDFF Judging System for Longboard Dancing and Freestyle Performance. A Quasi-Experimental Design [Unpublished master's thesis]. Eberhard Karls Universität Tübingen. (Available on request)

⁴ <https://t.me/allthesemoves>

- Brandon DesJarlais with his “Trick Tip Tuesday”⁵,
- Hans Wouters with his various Trick tips on YouTube⁶,
- Jeff Corsi with his “4 Steps Episodes”⁷ and
- Loaded Boards together with Adam Colton and Adam Stokowski⁸ and their various videos on YouTube

just to give a few examples. Others are stated later on in the dictionary.

2. Stances & Basics

Terminology	Description/Explanation
stance	The way someone is standing on the board.
dominant stance	The athlete’s preferred <i>stance</i> . This can be <i>regular</i> or <i>goofy</i> .
regular (stance)	When the <u>left</u> leg is standing in front in the athlete’s <i>dominant stance</i> .
goofy (stance)	When the <u>right</u> leg is standing in front in the athlete’s <i>dominant stance</i> . One of the most popular theories regarding the origin of the term comes from the Disney cartoon character Goofy who was standing with his right leg in front during surfing ⁹ .
switch/non-dominant (stance)	When the athlete is standing in the opposite position to its <i>dominant stance</i> . E. g. someone who’s <i>stance</i> is <i>regular</i> stands <i>goofy</i> on the board and the other way round. Performing <i>Tricks switch</i> is considered more difficult than in your <i>dominant stance</i> .
fakie (stance)	When the athlete is standing <i>switch</i> but the foot which is standing in front is placed on the <i>nose</i> instead of behind the front <i>truck</i> . Especially in LDF, this position is probably the most common one regarding <i>Tricks</i> . It appears that for most athletes it feels easier to do their <i>Tricks fakie</i> compared to <i>nollie</i> while only some find it easier to do their <i>Tricks nollie</i> .
nollie (stance)	When the athlete is standing in the <i>dominant stance</i> but the foot which is standing in front is placed on the <i>nose</i> instead of behind the front <i>truck</i> . In theory one could call this “switch fakie” but in practice no one does! This <i>stance</i> is mostly used for <i>Nose-Manuals</i> . It appears that for most athletes it feels

⁵ DesJarlais, B. (2023, January 17). *Can you believe it's been 80 weeks since this series ended?* 🤯 Comment below if you remember seeing some of [Video]. Instagram. <https://www.instagram.com/p/CnfvvgVUq9lk/>

⁶ Wouters, H. (n.d.) *Longboard TRICK TIPS* [Playlist]. YouTube. Retrieved January 29, 2025, from https://www.youtube.com/watch?v=A_aYRp3hNO8&list=PLUhllve8DqDv6jbwuM1S3o6vC5XNdbS2d

⁷ Corsi, J. (n.d.). *TUTORIALS / LONGBOARD IN 4 STEPS* [Playlist]. YouTube. Retrieved January 29, 2025, from https://www.youtube.com/watch?v=Semjktf4tSI&list=PLHz73Tvubb-o_RM-yoYLCrrSHFLZ9BFOM

⁸ Loaded Boards & Colton, A (n.d.) . *Trick Tips* [Playlist]. YouTube. Retrieved January 29, 2025, from <https://www.youtube.com/watch?v=qH5O2C2iXbM&list=PL88EE42CAA8A512B4>

⁹ SurferToday (n. d.). Where does the term ‘goofy-footed surfer’ come from? Retrieved September 18, 2025 from <https://www.surfertoday.com/surfing/where-does-the-term-goofy-footed-surfer-come-from>

Terminology	Description/Explanation
	easier to do their <i>Tricks fakie</i> compared to <i>nollie</i> while only some find it easier to do their <i>Tricks nollie</i> .
dominant foot/leg	The foot/leg that is closer to the <i>nose</i> of the board, when the athlete is standing in the <i>dominant</i> stance. This is the left foot in <i>regular stance</i> and the right foot in <i>goofy stance</i> .
Non-dominant foot/leg	The foot/leg that is closer to the <i>tail</i> of the board, when the athlete is standing in the <i>dominant</i> stance. This is the right foot in <i>regular stance</i> and the left foot in <i>goofy stance</i> .
toeside	The long edge of the board where the toes are close and pointing to when the athlete is standing on the board. This is the right edge in <i>regular stance</i> and the left edge in <i>goofy stance</i> . This can change during <i>Steps</i> .
heelside	The long edge of the board where the heels are close and pointing to when the athlete is standing on the board. This is the left edge in <i>regular stance</i> and the right edge in <i>goofy stance</i> . This can change during <i>Steps</i> .
frontside	<p>1. Frontside regarding board rotation: The technique of the foot/leg that is standing on the <i>tail/nose</i> is defining the rotation direction. When the initial part of the technique involves moving the foot/leg towards the front of the athlete it is referred to as <i>frontside</i>.</p> <p>2. Frontside regarding body rotation: When the athlete first turns with its chest towards the direction the board is going.</p> <p>3. Frontside in case of body and board rotation: When both the board and the athlete rotate in the same direction during a <i>trick</i> but the two above stated explanations contradict each other the board rotation determines the name of the movement. This is mainly the case when starting a <i>trick</i> out of the <i>nollie</i> or <i>fakie</i> stance.</p> <p>In <i>Trick</i> names <i>frontside</i> is often abbreviated as "fs".</p>
backside	<p>1. Backside regarding board rotation: The technique of the foot/leg that is standing on the <i>tail/nose</i> is defining the rotation direction. When the initial part of the technique involves moving the foot/leg towards the back of the athlete it is referred to as <i>backside</i>.</p> <p>2. Backside regarding body rotation: When the athlete first turns with its back towards the direction the board is going.</p> <p>3. Backside in case of body and board rotation: When both the board and the athlete rotate in the same direction during a <i>trick</i> but the two above stated explanations</p>

Terminology	Description/Explanation
	<p>contradict each other the board rotation determines the name of the movement. This is mainly the case when starting a <i>trick</i> out of the <i>nollie</i> or <i>fakie</i> stance.</p> <p>In <i>Trick</i> names <i>backside</i> is often abbreviated as “bs”.</p>
carve(s)/carving	<p>Making wave-/snake-/slalom-like sideways motions with the board while it is moving forwards. This is achieved by shifting the weight alternately onto the toes and heels. As a result the board alternates between a <i>toeside</i> and a <i>heelside carve</i>.</p>
push/pushing	<p>Accelerating the board by pushing with one foot off the ground while the other foot is standing on the board. The same technique is used to accelerate with a scooter.</p>
footbrake/footbraking (possible to spell both as two separate words)	<p>A specific slowdown/braking technique where the sole of one foot is dragged over the ground.</p>
Long/Flip axis	<p>The axis that runs from the <i>nose</i> to the <i>tail</i> of the board or from the chest to the back of the athlete; A 90° board rotation around this axis will result in the board standing on its <i>toeside</i> or <i>heelside</i> edge with only two wheels on the ground; A 180° board rotation around this axis will result in the board laying on the <i>griptape</i> instead of standing on the <i>wheels</i>; A 360° board rotation around this axis is called a <i>flip</i>. A 360° body rotation around this axis is a cartwheel.</p>
horizontal/lateral/ frontal/mid/ollie/impos sible axis	<p>The axis that runs from the <i>toeside</i> to the <i>heelside</i> edge of the board or from the right to the left shoulder of the athlete. Board rotations around this axis are necessary to lift the board off the ground and <i>pop</i> it. If you are standing with one foot on the <i>tail</i> while the other foot is standing on the ground so that the <i>nose</i> is into the air this is approximately a 45° board rotation around this axis. 360° body rotation around this axis is a somersault. Most <i>Tricks</i> that involve a rotation around the <i>vertical axis</i> also involve a little bit of rotation around the <i>horizontal axis</i> to lift the board off the ground.</p>
vertical/perpendicular/ rotation/spin axis	<p>The axis that goes from the ground to the sky; 180° rotation of the board around this axis will result in <i>nose</i> and <i>tail</i> switching positions. 180° body rotation around this axis will result in standing <i>switch/fakie</i> when starting in <i>dominant stance</i>; 360° body rotation around this axis on one leg is a <i>pirouette</i>. A lot of LDF <i>Tricks</i> involve a board rotation around this axis of at least 180°.</p>
line(s)	<p>A sequence of LDF movements. During competitions athletes most commonly perform multiple <i>lines</i> after each other and connect them with turns. There is no rule or standard on how many movements a <i>line</i> contains or when it starts and ends.</p>
combo(s)	<p>Short form for “combination”.</p>

Terminology	Description/Explanation
	<p>Combining two initially distinct movements seamlessly/fluently/without interruption into each other.</p> <p>People may argue about the precise distinction criteria between a <i>line</i> and a <i>combo</i>. The main aspect to discuss will be what exactly means “into each other”. Some may argue that the movements have to be performed seamlessly as one fluid motion while for others no clear break or readjustment of the foot positioning after the first movement might be enough. It can also be questioned whether this term is applicable for all kind of LDF movement interactions or whether there are some types of movement interactions, for example performing multiple <i>Steps</i> into each other where it might make more sense to only use the term <i>line</i>. This dictionary does not solve this unanswered question but wants to raise awareness of the topic. A simple example for a <i>combo</i> where probably no one will argue is when a <i>Trick</i> is initiated out of a <i>Manual</i> while the wheels are still in the air or when a <i>Trick</i> is landed into a <i>Manual</i>. To indicate a <i>combo</i> between two or more movements usually the word “to/into” gets added: e. g. “<i>Nose-Manual to Shuvit</i>”.</p>
<i>run</i>	<p>The athlete’s competition performance as a whole. Usually a <i>run</i> lasts for about 60-120 seconds and consists of multiple <i>lines</i> and may contain <i>combos</i>.</p>
<i>clean</i>	<p>Stating that a movement, a <i>line</i>, <i>combo</i>, or whole <i>run</i> was not only executed successfully but also that the execution was good. E. g. “Such a clean run.” or “That was clean.”</p>
<i>to land/landing a movement</i>	<p>Executing a LDF movement successfully which is usually indicated by landing back on the board with both feet and keeping balance. Predominantly used for <i>Tricks</i>.</p>
<i>fail(s)</i>	<p>An unsuccessful execution of a movement.</p> <p>This can for example be indicated by unintentionally stepping onto the ground, not landing back onto the board, the board unintentionally landing upside down, the athlete falling onto the ground, or the board shooting out.</p> <p>In competitions it is often counted how many <i>fails</i> an athlete had during its <i>run</i>. E. g. “The athlete had two <i>fails</i>.” or “That was a <i>fail</i>.”</p>
<i>toedrag</i>	<p>When the athlete <i>lands</i> a <i>Trick</i> but during the landing the toes touch the ground. There are mixed opinions and different circumstances under which this may lead to a movement not being counted or at least leading to a deduction.</p>
<i>heeldrag</i>	<p>When the athlete <i>lands</i> a <i>Trick</i> but during the landing the heels touch the ground. There are mixed opinions and different</p>

Terminology	Description/Explanation
	circumstances under which this may lead to a movement not being counted or at least leading to a deduction.
sketchy	Often used to state that a movement was successful but not well executed and therefore is only barely counted or with a deduction. E.g. "That was sketchy."
banger	Often used to state that a movement is very impressive or difficult. Predominantly used for <i>Tricks</i> . E.g. "That <i>Trick</i> is an absolute banger."
tic tac	A special way of maneuvering the board. This is done while standing with one foot on the <i>tail</i> while the other foot is placed approximately in the middle of the board. The <i>tic tac</i> motion then consists of turning the board slightly from left to right by lifting the <i>nose</i> slightly off the ground. When executed properly this technique can be used to gain speed or to turn.
tic tac save	Using the <i>tic tac</i> motion as a method to "rescue" a movement in order to not <i>fail</i> it. This is usually seen as bad technique and will likely lead to a deduction.
Game of Skate	A very popular game among skaters. One athlete starts and performs a <i>trick</i> of choice. Who starts is usually decided by "Rock, Paper, Scissors". All other athletes that join the game now have to do exactly that <i>trick</i> as well. If they fail they receive a letter of the word "skate". As soon as one has all the five letters the person has lost and is out of the game. When the starting athlete <i>fails</i> he does not receive a letter but the next athlete can perform a trick and so on. When one athlete only has one letter left usually two tries are granted. The game is over when only one athlete is left who therefore wins the game. There are a lot of unwritten rules as well as variations on how to play the game depending on the scene and skateboarding discipline.
redo	A term especially used in <i>Game of Skate</i> . It is usually used when a player nearly lands a trick or lands it very <i>sketchy</i> and the athlete who did the trick first decides to give the player another try.

3. Setup & Gear

This section explains the individual parts of which a LDF longboard can consist, the features a LDF longboard may have, as well as the terms that are related to this.

Terminology	Description/Explanation
deck	The board alone without its <i>trucks</i> and <i>wheels</i> .
griptape	A special type of sandpaper which is glued or sprayed onto the top of the <i>deck</i> to achieve the preferred amount of grip. While for skateboards usually the whole top of the deck is covered with <i>griptape</i> this is not the case for LDF. The <i>nose</i> and <i>tail</i> are covered with <i>griptape</i> most of the time to provide grip for <i>Tricks</i> whereas between the <i>trucks</i> often only some or no <i>griptape</i> is used depending on personal preferences. Especially for <i>Steps</i> that involve rotation having less <i>griptape</i> can be beneficial.
truck(s)	The axle(s) that attach the <i>wheels</i> onto the board and allows to steer the longboard. A complete longboard always has two trucks. A <i>truck</i> consists of a <i>baseplate</i> that is screwed into the <i>deck</i> and a <i>hanger</i> where the <i>wheels</i> and <i>bearings</i> are attached to. The <i>hanger</i> is attached to the <i>baseplate</i> via the <i>kingpin</i> .
baseplate(s)	The part of the <i>truck</i> that is screwed into the <i>deck</i> .
hanger(s)	The part of the <i>truck</i> where the <i>wheels</i> and <i>bearings</i> are attached to.
wheel(s)	A complete longboard needs four <i>wheels</i> that are attached with two <i>bearings</i> per <i>wheel</i> onto the two <i>trucks</i> . Typical diameters for LDF wheels are 60-65mm. larger wheels can increase the chance for a <i>wheelbite</i> , accelerate slower, and make the longboard heavier although they have more grip, make riding over rough terrain smoother and they roll faster. The opposite is the case for smaller wheels. The wider a wheel the more grip but this also makes <i>slides</i> harder. The typical LDF <i>durometer</i> is 80a. There are off-set and center-set wheels. For center-set wheels the <i>bearings</i> are placed in the middle of the <i>wheel</i> and for off-set <i>wheels</i> the <i>bearings</i> are more towards the inner side of the <i>wheel</i> . This can affect the <i>carving</i> sensation.
wheelbase	The length of the <i>deck</i> from one <i>truck</i> to the other. Often <i>decks</i> have two <i>wheelbase</i> options, one inner/short and one outer/long <i>wheelbase</i> . Since <i>trucks</i> may have different geometries, a standardized way to specify the board's <i>wheelbase</i> independent of the trucks attached is measuring from the inner holes for the <i>trucks</i> of the respective <i>wheelbase</i> option.
wheelbite(s)	When the <i>wheels</i> touch the <i>deck</i> while riding the board, often leading to a sudden stop of the board causing a fall. This may happen when the <i>wheels</i> are too big or the <i>bushings</i> are too soft/lose. Some <i>decks</i> also come in special shapes or have cut-outs to prevent <i>wheelbites</i> . Furthermore, <i>riser pads/shock pads</i> can be placed in between the <i>deck</i> and the <i>baseplate</i> to increase the distance between the <i>deck</i> and the <i>wheels</i> . Using <i>riser pads/shock pads</i> may make it necessary to get longer screws to mount the <i>trucks</i> though.

Terminology	Description/Explanation
bearing(s)	Inside of each <i>wheel</i> two <i>bearings</i> have to be placed to connect the <i>wheel</i> to the <i>truck</i> and make the wheels role properly. Some <i>bearings</i> have built-in <i>spacers</i> while others need a separate <i>spacer</i> in between them.
bushing(s)	Two pieces of rubber-like material in between the <i>hanger</i> and the <i>kingpin</i> , one on top and one underneath which enable to steer the longboard. They come in different shapes (cone or barrel) as well as different <i>durometers</i> allowing to adjust the steering to the personal preference. With the <i>kingpin</i> the <i>bushings</i> can also be screwed tighter or looser having a similar effect to using softer or harder bushings. Optimally, the <i>kingpin</i> should only be so tight that one can no longer move the top <i>washer</i> anymore. One should be aware that some <i>bushings</i> may have a special height or certain <i>trucks</i> may require a special height and therefore not every <i>bushing</i> always fits every <i>truck</i> .
durometer(s)	A measure of hardness for <i>wheels</i> and <i>bushings</i> . In general, the higher the number the harder the <i>wheel/bushing</i> resulting in less grip/less steering. The numbers are not always comparable between brands though so a certain <i>durometer</i> of one brand might react completely different than the same <i>durometer</i> of a different brand. The general unit for <i>durometer</i> is "A" and goes up to 100a. For extremely hard wheels, which are usually only used in other skateboarding disciplines and not for LDF, there is also a "B" scale which continues from there on but with 20 points fewer so 100a = 80b.
kingpin(s)	The big screw/bolt that attaches the <i>hanger</i> to the <i>baseplate</i> of the <i>trucks</i> .
washer(s)	The two plates that are placed between the <i>kingpin</i> and the <i>bushing</i> as well as between the <i>bushing</i> and the <i>baseplate</i> . They can be flat or cup-shaped. Usually cup-shaped <i>washers</i> help to keep the <i>bushings</i> in place and when placed between the <i>baseplate</i> and the <i>bushing</i> they may make <i>wheelbites</i> less likely to happen but they also restrict the steering more compared to flat washers.
spacer(s)	A small tube/pipe which is placed in between the two <i>bearings</i> within a wheel to keep them at their proper place. For <i>bearings</i> with built-in <i>spacers</i> no extra <i>spacer</i> is needed.
speedring(s)	A small ring that is placed on the inside of the inner and the outside of the outer <i>bearing</i> to optimize their rolling ability. Some <i>bearings</i> , especially <i>built-in</i> <i>bearings</i> , already come with integrated <i>speedrings</i> .
nut(s)	A longboard has three different types of <i>nuts</i> , one for the <i>kingpin</i> , one to screw the <i>wheels</i> onto the <i>hangers</i> , and one to screw the <i>baseplates</i> onto the <i>deck</i> . Usually, a <i>T-Tool</i> contains three different spanners, one for each type of <i>nut</i> .
bolt(s)	Four <i>bolts</i> per <i>truck</i> are necessary to screw the <i>baseplate</i> onto the <i>deck</i> .
(kick)tail(s)	The pieces of the <i>deck</i> that are beyond the <i>trucks</i> . For most of the <i>Tricks</i> they are crucial to create a lever. The shape and angle can vary a lot from deck to deck and brand to brand. When the word is used in singular it refers to the rear tail.

Terminology	Description/Explanation
nose	The <i>tail</i> that is in front and points in the direction the board is moving.
flex	Short from for “flexibility”. The way the board bends while standing or jumping on it. Usually, it is differentiated between stiff and medium flex. Some brands like to give the flex numbers like flex 1 and flex 2, but there is no convention whether higher or lower numbers indicate more flex so one has to pay attention.
rocker	A shape of the <i>deck</i> where the board is inherently arched/curved downwards in the middle of the board.
camber	A shape of the <i>deck</i> where the board is inherently arched/curved upwards in the middle of the board.
concave	When the board has a U-shaped form if you look at it from the front so that the <i>toeside</i> and <i>heelside</i> edge are higher than the middle of the board. How steep a <i>concave</i> is and whether the board even has concave can vary a lot from board to board and brand to brand. In general, if the board has a <i>concave</i> this can improve the grip.
riser (pads)/shock pad(s)	Pads that are placed in between the <i>deck</i> and the <i>baseplate</i> . They can be used to increase the distance of the <i>wheels</i> to the <i>deck</i> to prevent <i>wheelbites</i> as well as to reduce impact.
skid plates/tail protectors	Pieces that are put onto the <i>tails</i> to reduce them wearing off.
T-Tool	A tool in the shape of the letter “T”. It usually contains three different spanners, the big one for the <i>kingpin</i> , the medium one for the <i>hanger</i> , and the small one for the <i>baseplate</i> screws as well as a pull-out screwdriver for the <i>bolts</i> . This is basically the only tool necessary to set up a longboard.

4. Movement Techniques & Categories

This section explains common movement techniques and categories of LDF. When it comes to the naming of movements, it is usually easier to state certain features/characteristics/properties than saying what its exact name is or should be. While some terms are synonymous with certain movements other terms rather represent a certain feature or category of a movement.

Terminology	Description/Explanation
Trick(s)	Performing movements with the board. This usually includes rotating the board at least around one of its three axes. <i>Tricks</i> are the counterpart to <i>Steps</i> .
Step(s)	Performing movements on the board without the board rotating. <i>Carving</i> or turning does not count as rotation of the board so the board can <i>carve</i> or turn while doing <i>Steps</i> . <i>Steps</i> are the

Terminology	Description/Explanation
	counterpart to <i>Tricks</i> . Intentional steps off the board on the ground can be incorporated.
Manual(s)	<p>Balancing the board on less than four wheels while the other wheel(s) is/are in the air. This is a very distinct way of maneuvering the board that is why <i>Manuals</i> are usually seen as third and own category in LDF and not as a subcategory of <i>Tricks</i>.</p> <p>Originally it was only considered a Manual when a trick with <i>airtime</i> was landed in that balancing position and otherwise it was referred to as “wheelie”. Nowadays, the term wheelie appears to be used less frequently, and in LDF it is basically not used at all.</p>
Slide(s)	<p>The key feature of a <i>slide Trick</i> is that the <i>wheels</i> are sliding instead of rolling over the ground while the board is rotated. This is usually achieved by rotating predominantly around the <i>vertical axis</i> of the board so that the wheels are constantly in contact with the ground. Optimally all four wheels keep in contact with the ground throughout the whole <i>Trick</i> but that is not necessary. It is also possible to <i>slide</i> while doing a <i>Manual</i>. As soon as the board obviously lifts off the ground with all four <i>wheels</i> during a <i>Trick</i> it is not considered a <i>slide</i>.</p>
(Foot) Flip(s)	<p>A category of <i>Tricks</i> where the board is rotated at least 360° around its <i>long axis</i> by using the feet. There are multiple subcategories of flips, namely <i>Underflips</i>, <i>Kickflips</i>, <i>Heelflips</i>, <i>Pressureflips</i>, and <i>Wheelflips</i>.</p> <p><i>Flips</i> are the counterpart to <i>Fingerflips</i>.</p>
Underflip(s)	<p>A subcategory of <i>flips</i>. The board is flipped with one foot from underneath. This is most commonly done when the flip is initiated after making one or multiple steps on the ground like for example during a <i>Ghostride Underflip</i>.</p> <p>Whether <i>flips</i> performed out of an <i>oldschool</i> position are considered <i>kickflips</i> or <i>underflips</i> is not completely clear yet.</p>
Kickflip(s)	<p>A subcategory of <i>flips</i>. Flicking/kicking the board downwards with the toes of the front foot on the <i>heelside</i> edge.</p> <p>Whether <i>flips</i> performed out of an <i>oldschool</i> position are considered <i>kickflips</i> or <i>underflips</i> is not completely clear yet.</p>
Heelflip(s)	<p>A subcategory of <i>flips</i>. Flicking/kicking the board downwards with the heel of the front foot on the <i>toeside</i> edge.</p>
Pressureflip(s)	<p>A subcategory of <i>flips</i>. The difference <i>kickflips</i> is that here the flip is not initiated by flicking/kicking the board with the foot but by applying pressure onto one side of the board so that the board flips by itself when this pressure is released via the athlete jumping.</p>
Wheelflip(s)	<p>A subcategory of <i>flips</i>. Usually done as <i>no-comply</i>. The board is flipped by hitting the foot that is stepping off with a wheel.</p>

Terminology	Description/Explanation
Fingerflip(s)	<p>A category of <i>Tricks</i> where the board is rotated at least 360° around its <i>long axis</i> by using the hands/fingers. <i>Fingerflips</i> are the counterpart to <i>Flips</i>.</p> <p>This term might refer to a specific technique in other skateboarding disciplines but is rather used as an umbrella term in LDF since there are various different ways on how to flip the board with the fingers.</p>
Shove-it(s)/Shuvit(s)	<p>A category of <i>Tricks</i> where the board rotates around its <i>vertical axis</i>, usually for at least 180°, with <i>airtime</i> but without <i>pop</i>. An additional key feature is that the athlete does not rotate together with the board. There are special versions of these <i>Tricks</i> where the athlete rotates in the opposite direction of the board. They usually have special names or the term <i>Body Varial</i> gets added. In case the athlete rotates together with the board <i>it is usually an Ollie, Bigspin, or Spinbig variation</i>.</p>
Impossible(s)	<p>A category of <i>Tricks</i> where the board is mainly rotated around its <i>horizontal axis</i>. Moreover, an <i>Impossible</i> is typically characterized by one foot wrapping around the board and guiding the rotation.</p>
Bigspin	<p>A category of <i>Tricks</i> where the board rotates 360° around its <i>vertical axis</i> while the body rotates 180° in the same direction. When the board rotates 540° or more while the body still rotates 180° the term “<i>Biggerspin</i>” is used.</p>
Spinbig	<p>The counterpart of the <i>Bigspin</i>. Here the board rotates 180° around its <i>vertical axis</i> while the body rotates 360° in the same direction.</p>
Oldschool	<p>This term is generally used for anything that was done before the invention of the <i>Ollie Trick</i>. In LDF this term is mainly used for <i>Tricks</i> where the board is maneuvered without using/standing on the <i>nose</i> or <i>tail</i> of the board, without using the hands to maneuver the board, and without stepping onto the ground. As a consequence, the board is maneuvered by placing at least the part of one foot underneath the board to create a lever while jumping upwards.</p>
Footplant(s)	<p>This term generally refers to any <i>trick</i> that includes making one step onto the ground.</p> <p>As a subcategory of <i>tricks</i> where you step onto the ground, in LDF this refers to making the step with the foot that is standing on the <i>nose</i> or <i>tail</i>.</p> <p>Can be abbreviated as “<i>FP</i>”.</p>
No-Comply(s)	<p>A special version of <i>Footplants</i>.</p> <p>The foot that is standing in the middle of the board, and not on one of the tails, makes one step onto the ground.</p>

Terminology	Description/Explanation
	Can be abbreviated as "NC".
Ghostride(s)	<ol style="list-style-type: none"> When you initiate a <i>Trick</i> by making one or two steps on the ground. When you perform a <i>Step</i> that includes making one or two steps on the ground.
Grab(s)/Grab Tricks/Hand Tricks	A category of <i>Tricks</i> where most of the rotation of the board is done or guided by grabbing it with one or two hands.
Boneless	A subcategory of <i>Hand Tricks</i> where the board is grabbed before it is rotated and popped. This usually involves taking at least one step onto the ground.
Truckstand(s)	A category of <i>Tricks</i> that involves a phase of standing on one <i>truck</i> while only the <i>nose</i> or <i>tail</i> touches the ground.
Spin(s)	<ol style="list-style-type: none"> A category of <i>Tricks</i> where both the board and the athlete perform a rotation in the same direction around the <i>vertical axis</i> but one of both only performs a 180° rotation and the other one performs at least a 360° rotation. A category of <i>Manuals</i> where both the board and the body of rider perform a stationary (on the spot) rotation around the <i>vertical axis</i> together that is at least 360°.
Hang-Ten(s)	A category <i>Manuals</i> where both feet are standing above/on the same <i>truck</i> . This can either be performed on the <i>nose</i> or the <i>tail</i> . <i>Tricks</i> can also be started out of this position but this is seen rather rarely.
Reverse	A category of <i>Steps</i> where the main part of the movement consists of the rider moving his legs in a backwards motion towards the <i>tail</i> (instead of towards the <i>nose</i> like in normal <i>Steps</i>) while the body is still facing towards the direction the board is moving.
Fakie/Backwards (Steps)	A category of <i>Steps</i> that are performed while the back is facing in the direction the board is moving. There are no <i>nollie Steps</i> so all <i>Steps</i> that are performed with the back facing the direction the board is moving are called <i>fakie/backwards Steps</i> .
jump(s)/ jumpy steps	A category of <i>Steps</i> where the rider jumps from the board into the air, has a clear phase of <i>airtime</i> , and afterwards lands back on the board. <i>Body Varials</i> are a subcategory of <i>Jumps</i> .
Body Varial(s)	<ol style="list-style-type: none"> A category of <i>Steps</i> where the rider jumps in the air and rotates its body at least 180° around its <i>vertical axis</i>. If no number is added it refers to 180°, otherwise the degree is stated. This term gets added to <i>Tricks</i> to indicate that the athlete rotated more compared to the basic version of the <i>Trick</i>. If no number is added it refers to 180°, otherwise the degree is stated. <p>This term gets added to <i>Shuvits</i> to indicated that the athlete rotated against the direction of the board. If no number is added it refers to 180°, otherwise the degree is stated.</p>
Crossfoot	When a move is initiated out of a position where the feet are crossed. It can be recognized by the fact that the inside of the foot

Terminology	Description/Explanation
	<p>that is in front is facing forward. There are multiple <i>crossfoot</i> variations: The <i>dominant</i> or <i>non-dominant</i> foot could be crossing, the upper body could be facing forwards or backwards, and it can be done on the <i>nose</i> or <i>tail</i>. Therefore, the eight following terms are suggested:</p> <ol style="list-style-type: none"> 1. <i>(Regular) Crossfoot</i> 2. <i>Switch Crossfoot</i> 3. <i>Nollie Crossfoot</i> 4. <i>Fakie Crossfoot</i> 5. <i>Backwards (Regular) Crossfoot</i> 6. <i>Backwards Switch Crossfoot</i> 7. <i>Backwards Nollie Crossfoot</i> 8. <i>Backwards Fakie Crossfoot</i> <p>The name always refers to the <i>stance</i> that is achieved when the athletes' jumps straight upwards so that its feet would uncross. Term 1, 2, 5 & 6 refer to the athlete standing on the <i>tail</i> while the terms 3, 4, 7 & 8 refer to the athlete standing on the <i>nose</i>. In case the athlete is standing in between the <i>trucks</i> and not on a <i>tail</i> the terms 3 & 4 are synonymous with 5 & 6 and the terms 7 & 8 are not necessary. "Backwards" refers to looking in the opposite direction of the direction the board is going and in the case of <i>crossfoot</i> means that the foot in front steps over and crosses in the direction of the rare <i>tail</i>. This automatically leads to the upper body rather turning backwards.</p> <p>Sometimes the term "ladykiller" is used instead of <i>crossfoot</i>.</p>
Crossland	<p>When a <i>Trick</i> or <i>Step</i> is landed in a position where the feet are crossed. It can be recognized by the fact that the inside of the foot that is in front is facing forward. There are multiple <i>crossland</i> variations: The <i>dominant</i> or <i>non-dominant</i> foot could be crossing as well as the upper body could be facing forwards or backwards. Therefore, the four following terms are suggested:</p> <ol style="list-style-type: none"> 1. <i>(Regular) Crossland</i> 2. <i>Switch Crossland</i> 3. <i>Nollie Crossland</i> 4. <i>Fakie Crossland</i> <p>The name always refers to the <i>stance</i> that is achieved when the athletes' jumps straight upwards so that its feet would uncross. Usually <i>tricks</i> are landed in between the two <i>trucks</i> and not on the <i>tails</i> resulting in less possibilities making four compared to eight terms regarding <i>crossfoot</i> appear sufficient. In case a <i>trick</i> is landed on the tail terms could be used similar to those regarding <i>crossfoot</i>.</p>
One-foot	<p>Initiating a <i>Trick</i> or <i>Manual</i> while only one foot has contact with the board while the one is in the air.</p>
Swedish	<p>A variation of <i>Tricks</i> and <i>Manuals</i> where in the starting phase the toe of one foot gets hooked underneath the board on the <i>heelside</i>.</p>

Terminology	Description/Explanation
Russian	<p>This technique was probably made popular by Nikita Dvortsov.</p> <p>It is the counterpart to <i>Swedish</i> because here in the starting phase of a <i>Trick</i> or <i>Manual</i> the heel of one foot, instead of the the toe during <i>Swedish</i>, gets hooked underneath the board on the <i>toeside</i>.</p>
One-foot Land(ing)	<p>When a <i>Trick</i> is landed on one foot while the other foot shortly remains in the air.</p>
Pop/Popping	<p>A <i>Trick</i> technique where the <i>nose</i> or <i>tail</i> of the board gets pushed down explosively resulting in a rotation of the board around its <i>horizontal axis</i> so that it hits the ground and snaps back up into the air if it is timed correctly with a jump so that the athlete can get the whole board high into the air. This is an essential technique for a lot of <i>tricks</i>.</p> <p>It can be recognized by the popping sound when the board hits the ground.</p>
Scoop	<p>A <i>Trick</i> technique where the foot on the <i>nose</i> or <i>tail</i> guides the board rotation strongly.</p>
Airtime	<ol style="list-style-type: none"> 1. The time during a <i>Trick</i> when the board and the rider are completely in the air and nothing is touching the ground. 2. The time during a <i>Step</i> when the rider is completely in the air and is not touching the board or ground.
tail scrape/scratch	<p>When the <i>nose</i> or <i>tail</i> drags/grinds/scraps/scratches over the ground during a <i>Trick</i> or <i>Manual</i>. Especially in <i>Manuals</i> this is rather seen as bad technique or lack of balance. Some may even not count a move as <i>Manual</i> when the tail scrapes the ground. There are some <i>Tricks</i> though where a <i>tail scrape</i> is intentionally incorporated.</p>

Often the names of specific movements have a history that lead to their name although the name might be quite unintuitive or appears to be technically wrong. Some scenes/communities may even have completely different names for the exact same movement because of different histories related to the movement. In the following sections common LDF movements are displayed.

5. Steps

This section lists and describes the most common movements of the category *Steps*. Furthermore, Axel Massin already made a great effort and created a video containing all the LDF *Steps* he knows¹⁰. At the moment this might be the most comprehensive collection of LDF *Steps* publicly available.

Terminology	Description/Explanation
Ghostride	<p>A <i>Step</i> that purposely includes making one or two Steps on the ground before jumping back onto the board.</p>

¹⁰ Massin, A. (2021, December 9). Longboard Dancing Steptionnary | 55 Steps for all levels. <https://www.youtube.com/watch?v=SA87iOWq-wc>

Terminology	Description/Explanation
Skier	A <i>Step</i> where the athlete <i>carves</i> while standing with both feet parallel to each other, like skiing. The <i>skier</i> can also be performed as a <i>fakie Step</i> .
180 Step	A <i>Step</i> where the athlete rotates its body 180° around the <i>vertical axis</i> . The 180 Step can be performed <i>frontside</i> or <i>backside</i> . The 180 Step can be used to switch from <i>dominant</i> into <i>switch</i> or <i>fakie stance</i> as well as to switch from <i>switch</i> into <i>dominant</i> or <i>nollie</i> stance.
Hippie Jump	A jump without body rotation. Some competitions involve a <i>hippie jump</i> format. There the athlete has to jump over an obstacle (usually a wooden bar) while the board rolls underneath. The height of the obstacle is constantly increased and the athlete that jumps over the highest obstacle and lands back on the board afterwards wins.
Body Varial	A category of <i>Steps</i> where the rider jumps in the air and rotates its body at least 180° around its <i>vertical axis</i> . If no number is added it refers to 180°, otherwise the degree is stated. The <i>Body Varial</i> can be used to switch <i>stances</i> .
Cross Step	<p>A <i>Step</i> where you step with one foot in front of the other in a crossing motion so that the inside of the crossing foot is facing towards the direction the board is riding. Afterwards the other foot is placed in front again so that you are in the <i>stance</i> you started the <i>Step</i>. This <i>Step</i> can be performed in <i>dominant</i> and <i>switch stance</i> (<i>Switch Cross Step</i>), as <i>Fakie/Backwards Cross Step</i>, as <i>Reverse Cross Step</i>, as well as <i>Fakie Reverse Cross Step</i>.</p> <p>Colton, A. (2006, March 7). <i>Cross Stepping</i>. YouTube. https://www.youtube.com/watch?v=qH5O2C2iXbM</p>
Chop the Wood	Colton, A. (2006, March 7). <i>Chop the Wood</i> . YouTube. https://www.youtube.com/watch?v=nSiMBnWYWb8
Peter Pans	Simple Longboards (2012, March 6). <i>Simple Longboards: Let's Dance - The First Steps</i> . YouTube. https://www.youtube.com/watch?v=2LHIEL8fCZQ
Sidewinders	Simple Longboards (2012, March 6). <i>Simple Longboards: Let's Dance - The First Steps</i> . YouTube. https://www.youtube.com/watch?v=2LHIEL8fCZQ
Lookback	Colton, A. (2006, March 7). <i>The Lookback</i> . YouTube. https://www.youtube.com/watch?v=n4aFdYd8YMQ
Pirouette	Turning the body for at least 360° around its <i>vertical axis</i> in one fluid motion while standing on the board on only one foot. There appear to be mixed opinions to whether it only counts as <i>Pirouette</i> when the rotation is done completely on the ball of the foot while the heel is elevated and in the air.
Spin Brélvis / Pin Drop	Brélvis, B. (2021, May 26). <i>SPIN BRÉLVIS TUTORIAL</i> . YouTube. https://www.youtube.com/watch?v=LSvZv5MZxbU

6. Tricks

This section lists and describes the most common movements of the category *Tricks*.

The Tricks are roughly sorted in categories which are not exclusive and can be discussed but hopefully help to provide a better overview. For the category descriptions see Chapter 4. This list is far from being complete and only lists the most commonly executed *Tricks* and those where it appears that the names are used rather consistently within LDF.

Since some *Tricks* in LDF are predominantly done out of the *fakie/nollie stance* the term *fakie/nollie* is not used with the name of these *Tricks* because everybody in the community will know that they refer to the *Tricks* done out of *fakie/nollie stance*. This can lead to misunderstandings with other skateboarding disciplines where it is more typical to do the same *Tricks* out of the *regular/switch stance*. Furthermore, some LDF specific *Tricks* were invented in *fakie/nollie stance* so these terms were absent in the original name but this is also the case in other skateboarding disciplines. To avoid misunderstandings, here in this dictionary *fakie/nollie* will always be added in brackets if the *Trick* is done out of the *fakie/nollie stance* and if nothing is added to the *Trick's* name it is performed out of the *dominant stance*.

Some *Tricks* are rather typical in other skateboarding disciplines but since they are also performed within LDF, even if they are very likely much harder on a bigger board, they were also added to this dictionary.

6.1 *Grab Tricks/Hand Tricks*

Something worth mentioning are the YouTube videos of Marco Sloim¹¹, Nick Jones¹² and Natalie Pluto¹³ containing multiple different *Hand Tricks*. Some of their terminology might differ from this dictionary though.

Terminology	Description/Explanation
Caveman	A <i>Hand Trick</i> that consists of <i>popping</i> the board 90-180° around its <i>horizontal axis</i> into one hand, taking two steps on the ground, and afterwards jumping back onto the board.
Tigerclaw	A <i>Hand Trick</i> that consists of <i>popping</i> the board, rotating it 360° around its <i>vertical axis</i> while taking two steps on the ground and afterwards jumping back onto the board. There are many variations and progressions of this <i>Hand Trick</i> like increasing the amount of rotation, varying the direction of the board rotation, adding a <i>Body Varial</i> , adding a <i>Fingerflip</i> , or changing the <i>landing stance</i> .

¹¹ Sloim, M. (2024, December 1). 50 grab tricks !! (longboard dancing challenge). YouTube. <https://www.youtube.com/watch?v=EYHGfdjQpMk>

¹² Jones, N. (2016, August 3). 25 Longboard Grab Tricks. YouTube. <https://www.youtube.com/watch?v=UfGTngylsxo>

¹³ Pluto, N. (2022, September 15). 20 Longboard TIGER CLAW Variations. YouTube. https://www.youtube.com/watch?v=WS7a_EkQfUU

Terminology	Description/Explanation
	Loaded Boards (2008, October 2). <i>Trick Tip: Tiger Claw</i> . YouTube. https://www.youtube.com/watch?v=HhuiP7YXYnY
(Fakie/Nollie) Aerograb	<p>A <i>Hand Trick</i> that consists of <i>popping</i> the board, rotating it 360° around its <i>vertical axis</i> while taking two steps on the ground and afterwards jumping back onto the board. There are many variations and progressions of this <i>Hand Trick</i> like varying the landing <i>stance</i>, adding a <i>Fingerflip</i>, or increasing the amount of rotation. The main difference compared to the <i>Tigerclaw</i> is the starting position.</p> <p>Moonshine MFG (2018, February 27). <i>Learn Longboard Dancing - Aero Grab Trick Tip</i>. YouTube. https://www.youtube.com/watch?v=kKEUk8Ah1fI</p> <p>Corsi, J. (2025, January 15). <i>Longboard Tutorial / The Aerograb (Medium)</i>. YouTube. https://www.youtube.com/watch?v=C3q4V8Liepl</p>
(Fakie/Nollie) Aeroslam	<i>Aerograb + 180° Body Varial</i> in the same direction
Armpossible	The name is a reference to the skateboarding <i>Trick</i> “Impossible” where the board is rotated around its <i>horizontal axis</i> for about 360° because here the arm instead of the foot is used to rotate the board around its <i>horizontal axis</i> . This is done after <i>popping</i> the board and rotating it about 180° around its <i>vertical axis</i> and while taking two steps on the ground.
Half-Moon	Like a <i>Tigerclaw</i> but the board is grabbed with both hands and the board is rotated 540° instead of only 360°.
Full-Moon	Corsi, J. (2018, June 3). <i>Jeff's Tips #4 / Longboard Tutorial</i> . YouTube. https://www.youtube.com/watch?v=ggsWPrCUxu4
Boneless	Grabbing the board with one hand before stepping off with one foot while <i>popping</i> the board and pulling it up in the air with the grabbing hand while jumping with it and landing back onto the board.
360 Boneless	<i>Boneless + frontside 360° Body Varial</i> .

6.2 No-Comply Tricks

Something worth mentioning are the videos of Hans Wouter¹⁴ as well as Marco Sloim¹⁵ with each containing over 50 different *No-Comply* variations.

Terminology	Description/Explanation
Frontside No-Comply 180	Usually only referred to as “No-Comply”. <i>Popping</i> the board and rotating it together with the body

¹⁴ Wouters, H. (2016, June 25). *50 NO-COMPLY VARIATIONS / Longboard Freestyle Tricks*. YouTube. <https://www.youtube.com/watch?v=k6Cos9HJx-0>

¹⁵ Sloim, M. (2025, January 20). *50 No comply variations !!! (Longboard dancing challenge)*. YouTube. https://www.youtube.com/watch?v=SJ5gy7h6_a4

Terminology	Description/Explanation
	<i>180° frontside</i> around the <i>vertical axis</i> while taking one step on the ground and jumping back onto the board.
Frontside No-Comply 180 Shuvit	<i>Frontside 180 No-Comply</i> but without the body rotation.
Backside No-Comply 180 Shuvit	<i>Popping</i> the board and rotating it <i>180° backside</i> around the <i>vertical axis</i> and jumping back onto the board.
(Fakie/Nollie) No-Comply Bigspin	<i>Popping</i> the board and rotating it <i>360°</i> around its <i>vertical axis</i> while taking one step on the ground, rotating the body <i>180°</i> in the same direction and jumping back onto the board.
(Fakie/Nollie) No-Comply Biggerspin	<i>No-Comply Bigspin + 180°</i> board rotation in the same direction → 1 Step + <i>540°</i> board rotation + <i>180°</i> body rotation.
No-Comply Impossible	The name is a reference to the skateboarding <i>Trick</i> "Impossible" where the board is rotated <i>backside</i> around its <i>horizontal axis</i> for about <i>360°</i> but in this case the athlete takes one step on the ground.

6.3 Ollie-based Tricks & Bigspins

Short side note: because of the longer boards used in LDF compared to other skateboarding disciplines especially *Ollie-based Tricks* and *Bigspins* are often done with a partial *Pivot* before they are *popped*. In other skateboarding disciplines this may be seen as rather bad technique and there it appears to be preferred to first *pop* the board and rotate it afterwards in the air. This aspect is just highlighted to raise awareness and not to state what technique is better. Some people may also simply have a subjective preference regarding which of these two techniques they find aesthetically more appealing.

Terminology	Description/Explanation
Ollie	A skateboard <i>Trick</i> where the rider applies the <i>pop</i> technique to get in the air together with the board. This is achieved by pushing the <i>tail</i> down powerfully, lifting the foot on the <i>tail</i> explosively off it into the air before the <i>tail</i> touches the ground so that it can bounce off the ground into the air, and while the board comes up it is pulled forwards upwards with the other foot to increase the height of the board. The <i>Ollie</i> is seen as the foundation for many other <i>Tricks</i> that is why it is mentioned here. In LDF though the <i>Ollie</i> as a Trick on its own appears to have a way lower importance compared to other skateboarding disciplines.
Frontside 180 (Ollie)	<i>Ollie + frontside 180° Body Varial</i>
(Fakie/Nollie) Bigspin	<i>Popping</i> the board and rotating it <i>360°</i> around its <i>vertical axis</i> while the body rotates <i>180°</i> in the same direction and landing back onto the board.

Terminology	Description/Explanation
(Fakie/Nollie) Fullcab	<p><i>Fakie/nollie Bigspin + 180° Body Varial or in other terms fakie/nollie 360° Ollie.</i></p> <p>This term may create some controversy since it is probably derived from the skateboarding Trick name “Half-Cab” for a <i>Fakie 180° Ollie</i> because it is the double amount of rotation. First, a <i>Fakie 360° Ollie</i> though was nicknamed “Caballerial” after Steve Caballero which means there is already a term for this <i>Trick</i>. Moreover, the term “Half Cab” was originally used to state that a <i>Trick</i> is a half “Caballerial” and not the other way round¹⁶. This information is simply added to create awareness of this since the term <i>Fullcab</i> is used quite frequently in LDF and may upset people from other skateboarding disciplines.</p>
(Fakie/Nollie) Biggerspin	<i>Fakie/nollie Bigspin + 180° board rotation</i>
(Fakie/Nollie) Gazelle	<i>Fakie/nollie Bigspin + 180° board rotation + 180° Body Varial → 540° board + 360° body</i>

6.4 Shove-its/Shuvits

Terminology	Description/Explanation
(Fakie/Nollie) Shove-it/Shuvit	Rotating the board 180° around its <i>vertical axis</i> and landing back onto the board without rotating the body and landing back in the same <i>stance</i> .
(Fakie/Nollie) 360 Shuvit	<i>Fakie/Nollie Shuvit + 180° board rotation</i>
Pop-Shuvit	<i>Ollie + backside 180° Shuvit</i>
Double Rainbow	<p><i>Fakie/Nollie Stance</i> and the board is rotated <i>backside</i> for at least 180° while the body of the athlete is rotated also <i>backside</i> for at least 180° but because of the starting <i>stance</i> this results in both rotating in the opposite direction.</p> <p>Loaded Boards (2010, November 18). <i>Loaded Boards Trick Tip The Double Rainbow with James Kelly</i>. YouTube. https://www.youtube.com/watch?v=Mc7oYkb3axg</p>
Frontside Pop Shuvit	<i>Ollie + frontside 180° Shuvit</i>

6.5 Flip Tricks

Terminology	Description/Explanation
Ghostride Kickflip/Underflip	A <i>Trick</i> that consists of making one or two steps on the ground and afterwards rotating the board 360° around its <i>long axis</i> it with one foot from underneath and jumping back onto it. Therefore it is also referred to as “Ghostride Underflip”.

¹⁶ Nine Club Clips (2019, July 28). *How Steve Caballero Invented The Caballerial*. YouTube. <https://www.youtube.com/watch?v=B7T1bwqN7Po>

Terminology	Description/Explanation
Oldschool (Kick)flip	<i>Flipping</i> the board 360° around its long axis and landing back onto it without using the tails to pop the board in the beginning. For this also see the explanation regarding the term <i>oldschool</i> .
Circusflip	<i>Popping</i> and rotating the board <i>backside</i> 360° around its <i>vertical axis</i> while also <i>flipping</i> it 360° while taking two steps on the ground and jumping back onto the board.
Kickflip	<i>Ollie</i> + 360° board rotation around its <i>long axis</i> by flicking the board with the toes of the front foot on the <i>heelside</i> edge.
Heelflip	<i>Ollie</i> + 360° board rotation around its <i>long axis</i> by flicking the board with the heel of the front foot on the <i>toeside</i> edge.
Varialflip	<i>Kickflip</i> + 180° <i>backside</i> board rotation around its <i>vertical axis</i> .
Oldschool Varialflip	<i>Varialflip</i> out of and <i>oldschool stance</i> . Loaded Boards (2010, December 3). <i>Loaded Boards Trick Tip / Old School Varial Flips with Adam Stokowski</i> . YouTube. https://www.youtube.com/watch?v=wesszdQM6hA
Frontside Flip	<i>Frontside 180 Ollie</i> + <i>Kickflip</i>
Treflip	<i>Kickflip</i> + 360° <i>backside</i> board rotation around its <i>vertical axis</i>
(Fakie/Nollie) Bigflip	<i>Bigspin</i> + <i>Kickflip</i>
(Fakie/Nollie) Biggerflip	<i>Biggerspin</i> + <i>Kickflip</i>
(Fakie/Nollie) Gazelleflip	<i>Gazelle</i> + <i>Kickflip</i>
Double Kickflip	<i>Ollie</i> + 720° board rotation around its <i>long axis</i> by flicking the board with the toes of the front foot on the <i>heelside</i> edge.

6.6 Fingerflips

Technically *Fingerflips* are also *Hand Tricks* because the board is flipped with the fingers/hands but having them in a separate category may provide a better overview.

Terminology	Description/Explanation
No-Comply Fingerflip	<i>Popping</i> the board, taking one step onto the ground, doing a 360° <i>Fingerflip</i> and jumping back onto the board.
Frontside No-Comply 180 Fingerflip	<i>Frontside 180 No-Comply</i> + <i>Fingerflip</i>
Demon Claw(s)	Grabbing the board at the trucks. Jones, N. (2016, April 6). <i>TRICK TIP: Demon Claw</i> . YouTube. https://www.youtube.com/watch?v=zjXPuobfv04
Tigerclaw(finger)flip	<i>Tigerclaw</i> + <i>Fingerflip</i>
Ninjaflip / Fakie No-Comply Biggerspin Fingerflip	Jones, N. (2016, November 15). <i>TRICK TIP: Ninja Flip</i> . YouTube. https://www.youtube.com/watch?v=y7kl0SLXrYo

6.7 Slides

Terminology	Description/Explanation
Frontside 180 Slide	The athlete and the board together <i>slide</i> 180° <i>frontside</i> .

Backside 180 Slide	The athlete and the board together <i>slide 180° backside</i> .
Backside No-Comply 180 Slide Shuvit	<i>Sliding</i> the board <i>backside 180°</i> while taking one step on the ground and jumping back onto it.
(Backside 180) Slide Shuvit	The board <i>slides 180° backside</i> while the athlete jumps in the air and afterwards lands back on it without rotating its body.
(Backside) 360 Slide Shuvit	The board <i>slides 360° backside</i> while the athlete jumps in the air and afterwards lands back on it without rotating its body.

6.8 Oddities

This category is for all the *Tricks* that do not clearly fit into another category or have distinct features.

Terminology	Description/Explanation
(Fakie/Nollie) Pivot	Both the board and the athlete together perform a rotation 180° around the <i>vertical axis</i> together. This is an essential move many others build on. It is unclear in which category this move belongs though. On the one hand the board is only on two wheels during the entire movement so it could be considered a <i>Manual</i> , especially because <i>Spins</i> and <i>G-Turns</i> are based on this, but on the other hand it is rather a board rotation since the focus is not on balancing for as long as possible so that it also fits in the category of <i>Tricks</i> .
No-Comply Tail-Scrape	Taking one step onto the ground while grabbing the board with one hand and scratching the <i>tail</i> over the ground and jumping back onto the board.
The Shaker	Colton, A. (2006, May 3). <i>The Shaker</i> . YouTube. https://www.youtube.com/watch?v=kFxIFSEtu04
Spinbig/Spin Big	Loaded Boards (2008, October 13). <i>Trick Tip: Spin Big with Adam Colton</i> . YouTube. https://www.youtube.com/watch?v=EyTxducpZcU
Honey Butter/Dragon Tail	Loaded Boards (2011, March 15). <i>Loaded Boards Trick Tip / 360 Tail Spin Dealio with Adam Colton</i> . YouTube. https://www.youtube.com/watch?v=R2ZRegu7V6o Corsi, J. (2020, October 4). <i>Longboard tutorial / The Dragon Tail</i> . YouTube. https://www.youtube.com/watch?v=xVw027Di_6I
Truckstand	Simple Longboards (2013, November 15). <i>Simple Longboards Tricktionary – Truckstand</i> . YouTube. https://www.youtube.com/watch?v=TGaYa-tbKxo Alfeo, G. (2022, February 6). <i>Longboard Dancing Tutorial: Truck Stand [goofy stance]</i> . YouTube. https://www.youtube.com/watch?v=R12eUefbfu4

Terminology	Description/Explanation
Switchblade	<p>This <i>Trick</i> is mostly done out of a <i>Nose-Manual G-Turn</i>. The athlete pushes the board out with the foot in the middle of the board and rotates the board 360° <i>backside</i> while stepping off with the pushing foot that is in the middle of the board. The foot on the <i>nose/tail</i> remains in contact with the board guiding the 360° rotation before the athlete steps back on the board or lifts the foot off the ground to let the board pass through and continue rotating it.</p> <p>Simple Longboards (2023, November 29). <i>Simple Longboards Tricktionary - G-Turn Switchblade</i>. YouTube. https://www.youtube.com/watch?v=BRwffjv4Qko</p>
(to) revert	<p>When a <i>Trick</i> is landed in a <i>Nose-Manual</i> position and instantly a <i>pivot</i> in the opposite direction of the rotation of the <i>Trick</i> is added. This means a <i>Revert</i> is always added as a <i>combo</i> after another <i>Trick</i>. A typical example would be a “<i>Frontside 180 No-Comply (to) Revert</i>”. If a <i>Pivot</i> in the same direction of the <i>Trick</i>’s rotation is added as a <i>combo</i> it is usually simply called “<i>to Pivot</i>”.</p>

7. Manuals

This section lists and describes the most common movements of the category *Manuals*.

Terminology	Description/Explanation
Manual	Performing a <i>Manual</i> in <i>dominant</i> or <i>switch stance</i> .
Nose-Manual	Performing a <i>Manual</i> in <i>nollie</i> or <i>fakie</i> stance.
Spin	A category of <i>Manuals</i> where both the board and the body of rider perform a stationary (on the spot) rotation around the <i>vertical-axis</i> together that is at least 360°.
G-Turn	A category of <i>Manuals</i> where the board performs a circular G-shape motion by starting with a big circular motion that gets smaller until it ends in a stationary (on the spot) rotation. A board and body rotation of at least 360° are necessary to perform a proper <i>G-Turn</i> . If the rotation is less this is sometimes referred to as <i>C-Turn</i> . The <i>G-Turn</i> is the counterpart to the <i>Spin</i> because there the whole rotation is stationary but it is possible to start a <i>Manual</i> with a <i>G-Turn</i> and end it with a <i>Spin</i> .
One-Foot Manual	Performing a <i>Manual</i> or <i>Nose-Manual</i> while only one foot is standing on the <i>truck</i> and the other foot is in the air. <i>Pivots</i> , <i>Spins</i> , and <i>G-Turns</i> can also be performed as <i>One-Foot-Manuals</i> .
Hang-Ten	A category of <i>Manuals</i> where both feet are standing above the same <i>truck</i> . This can either be performed on the <i>nose</i> or the <i>tail</i> . It is possible to perform <i>G-Turns</i> and <i>Spins</i> as <i>Hang-Ten</i> .