

# Longboard Dancing & Freestyle (LDF) Dictionary

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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 biased. The author is born and lives in Germany and only speaks English and a little bit of French as secondary languages. Therefore, the author has limited access to knowledge from regions where those languages are not commonly spoken. Moreover, the author has had and is in exchange with people from multiple LDF communities around the world but only visited some and therefore does not know all the LDF communities and the terms they may use. Furthermore, the author is actively longboarding since around 2013 and started with LDF some years later, is part of certain communities, mainly those in the south of Germany where he lives, and grew up with certain LDF trends and role models. The author is aware of those biases and wants to clearly state them to be transparent. Any kind of feedback regarding this dictionary is very welcome!

## 1. Introduction

This is a first try to systematically write down, describe and explain the terminology used in the skateboarding discipline of *Longboard Dancing & Freestyle* (LDF) which sometimes is also referred to and abbreviated as just “Longboard Dancing” and/or “Freestyle Longboarding”. To the authors knowledge, currently there is nothing like an official organization or institution for LDF that officially defines or explains 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)<sup>1</sup> but has not released something like a dictionary of LDF terminology yet. Therefore, this dictionary is a try to provide some clarity. It is rather a description of how the terms appear to be used than a nominal definition and the author is 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.

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

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 author is aware of.

Before starting with the terminology used in LDF it appears helpful to at least roughly describe the phenomenon of LDF. A more in-depth analysis was already done elsewhere<sup>23</sup>. Therefore, here only an updated descriptive definition is given:

“Longboard Dancing & Freestyle (LDF) is a discipline of skateboarding and can be described as performing movements with or while riding a longboard. A longboard is a longer skateboard. LDF 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 emphasizes that LDF is about making the movements beautiful, aesthetic, rhythmical, fluent, and effortless as a whole performance. The term “Freestyle” in LDF emphasizes creativity and the freedom to experiment and express oneself as important aspects of LDF. LDF can be performed on music but does not have to.”

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 for terms were added. These could either be explanations or demonstrations. Here, the to the author’s most relevant references were chosen. This could for example mean that the reference made the name of a movement popular, or that the athlete in the video is the person that created the specific movement, or that the athlete in the video is often associated with a 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 “Imaglacial”) from Russia

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

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

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 videos<sup>4</sup>. There are also other efforts of people the author is aware of that contribute to the collection of LDF movements. Worth mentioning here appear to be:

- Brandon DesJarlais with his “Trick Tip Tuesday”<sup>5</sup>,
- Hans Wouters with his various tutorials on YouTube<sup>6</sup>,
- Jeff Corsi with his “4 Steps Episodes”<sup>7</sup> and
- Loaded Boards together with Adam Colton and Adam Stokowski<sup>8</sup> 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. There are mainly four stances: <i>regular/goofy</i> , <i>fakie</i> , <i>nollie</i> , and <i>switch</i> . Your preferred stance, which can be <i>regular</i> or <i>goofy</i> , based on your personal preference, is the basis and the other three stances are named in relation to this. Therefore, for each of the four stances two names exist but only one is used for an individual athlete, depending on the athlete’s personal preference.
Dominant/main/preferred/basic stance	The athlete’s preferred <i>stance</i> . This can be <i>regular</i> or <i>goofy</i> .
regular (stance)	If the athlete prefers to place the <u>left leg in front</u> , this is the athlete’s <i>dominant stance</i> .  The left leg is standing in front but still behind the front <i>truck</i> . The foot in the back can be placed in between both <i>trucks</i> or onto the <i>tail</i> .
goofy (stance)	If the athlete prefers to place the <u>left leg in front</u> , this is the athlete’s <i>dominant stance</i> .  The right leg is standing in front but still behind the front <i>truck</i> . The foot in the back can be placed in between both <i>trucks</i> or onto the <i>tail</i> .
switch/non-dominant (stance)	The athlete is standing on the board with the opposite leg in front compared to the athlete’s <i>dominant stance</i> . So, someone who’s <i>stance</i> is <i>regular</i> is standing on the board with the right

<sup>4</sup> <https://t.me/allthesemoves>

<sup>5</sup> 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/CnfvqVUq9Ik/>

<sup>6</sup> Wouters, H. (n.d.) *Longboard TRICK TIPS* [Playlist]. YouTube. Retrieved January 29, 2025, from [https://www.youtube.com/watch?v=A\\_aYRp3hNO8&list=PLUhlIve8DqDv6jbuwM1S3o6vC5XNdbS2d](https://www.youtube.com/watch?v=A_aYRp3hNO8&list=PLUhlIve8DqDv6jbuwM1S3o6vC5XNdbS2d)

<sup>7</sup> 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](https://www.youtube.com/watch?v=Semjktf4tSI&list=PLHz73Tvubb-o_RM-yoYLCrrSHFLZ9BFOM)

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

Terminology	Description/Explanation
	leg in front and someone who's <i>stance</i> is <i>goofy</i> is standing on the board with the left leg in front. Performing <i>tricks switch</i> is considered more difficult than performing them out of the athlete's <i>dominant stance</i> .
nollie (stance)	<p>The athlete is standing on the board in its <i>dominant stance</i> but the leg that is placed in front is placed onto the <i>nose</i> of the board instead of behind the front <i>truck</i>. The leg in the back is placed in between both <i>trucks</i>.</p> <p>For some people it appears to be easier to do <i>tricks</i> on the <i>nose fakie</i> while others prefer to do them <i>nollie</i>. So regarding these two <i>stance</i> there is no clear answer regarding in which <i>stance tricks</i> are more difficult as it is regarding the athlete's <i>dominant stance</i> and <i>switch</i>. The <i>nollie stance</i> appears to be more commonly used for <i>nose-manuals</i> though compared to the <i>fakie stance</i>.</p>
fakie (stance)	<p>The athlete is standing on the board with the opposite leg in front compared to the athlete's <i>dominant stance</i> and the leg that is placed in front is placed onto the <i>nose</i> of the board instead of behind the front <i>truck</i>. The leg in the back is placed in between both <i>trucks</i>.</p> <p>In theory one could call this <i>stance</i> "switch nollie" but in practice no one ever does!</p> <p>For some people it appears to be easier to do <i>tricks</i> on the <i>nose fakie</i> while others prefer to do them <i>nollie</i>. So regarding these two <i>stance</i> there is no clear answer regarding in which <i>stance tricks</i> are more difficult as it is regarding the athlete's <i>dominant stance</i> and <i>switch</i>. The <i>nollie stance</i> appears to be more commonly used for <i>nose-manuals</i> though compared to the <i>fakie stance</i>.</p>
supporting leg	This term is derived from other sports. It refers to the leg that is placed in front and therefore it is closer to the <i>nose</i> of the board when you are standing on the board in your <i>dominant stance</i> . It is the left leg in <i>regular stance</i> and the right leg in <i>goofy stance</i> .
free leg	This term is derived from other sports. It refers to the leg that is placed in the back and therefore it is closer to the <i>tail</i> of the board when you are standing on the board in your <i>dominant stance</i> . It is also the leg with which you push and that you place on the <i>tail</i> when doing <i>tricks</i> out of your <i>dominant stance</i> . It is the right leg in <i>regular stance</i> and the left leg in <i>goofy stance</i> .
toeside	The long edge of the board where the toes are closer 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> .

Terminology	Description/Explanation
heelside	<p>The long edge of the board where the heels are closer 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>.</p>
frontside	<p>There appear to be three different approaches to determine the rotation direction of a movement. These three approaches contradict each other at least partially and do not follow one common consensus. Since all three approaches appear to be used they are presented here:</p> <ol style="list-style-type: none"> <li>1. The technique of the foot/leg that is standing on the <i>tail/nose</i> during the initiation of the movement determines 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>.</li> <li>2. The rotation of the body determines the rotation direction. When the athlete first turns with its chest towards the board's direction of motion it is referred to as <i>frontside</i>.</li> <li>3. The rotation of the body determines the rotation direction but riding in <i>fakie stance</i> is considered riding backwards so there it is the other way round. When the athlete first turns with its chest towards the board's direction of motion it is referred to as <i>frontside</i> except for the <i>fakie stance</i> where it is referred to as <i>frontside</i> when the athlete first turns its back towards the board's direction of motion.</li> </ol> <p>In <i>trick</i> names <i>frontside</i> is often abbreviated as "fs".</p>
backside	<p>There appear to be three different approaches to determine the rotation direction of a movement. These three approaches contradict each other at least partially and do not follow one common consensus. Since all three approaches appear to be used they are presented here:</p> <ol style="list-style-type: none"> <li>1. The technique of the foot/leg that is standing on the <i>tail/nose</i> during the initiation of the movement determines 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>.</li> <li>2. The rotation of the body determines the rotation direction. When the athlete first turns with its back towards the board's direction of motion it is referred to as <i>backside</i>.</li> <li>3. The rotation of the body determines the rotation direction but riding in <i>fakie stance</i> is considered riding backwards so</li> </ol>

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	<p>there it is the other way round. When the athlete first turns with its back towards the board's direction of motion it is referred to as <i>backside</i> except for the <i>fakie stance</i> where it is referred to as <i>backside</i> when the athlete first turns its chest towards the board's direction of motion.</p> <p>In <i>trick</i> names <i>backside</i> is often abbreviated as "bs".</p>
carve(s)/carving	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> .
push/pushing	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.
Foot brake/foot braking	A specific slowdown/braking technique where the sole of one foot is dragged over the ground.
Long/Flip/nose-to-tail/front-to-back axis	The axis that runs from the <i>nose</i> to the <i>tail</i> of the board as well as from the chest to the back of the athlete; A 180° board rotation around this axis will result in the board laying upside down; A 360° board rotation around this axis is called a <i>flip</i> . A 360° body rotation around this axis is a cartwheel.
horizontal/lateral/frontal/mid/ollie/impossible/side-to-side/right-to-left/left-to-right axis	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 the athlete is 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 the board has approximately a 45° board rotation around this axis. 360° body rotation around this axis is a somersault or backflip. 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.
vertical/perpendicular/rotation/spin/bottom-to-top axis	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 the athlete standing <i>switch/fakie</i> when starting in <i>dominant/nollie 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°.
combo(s)	<p>Short form for "combination".</p> <p>Combining at least 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</p>

Terminology	Description/Explanation
	<p>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 cannot solve this unanswered question but simply tries to give a rough understanding of the terms. A simple example for a combo where probably no one will argue is when a <i>trick</i> is initiated out of a <i>manual/nose-manual</i> while the wheels are still in the air or when a <i>trick</i> is landed into a <i>manual/nose-manual</i>. To indicate a <i>combo</i> between two or more movements usually the word “to/into” gets added. For example: “<i>Manual to Pop-Shuvit</i>”.</p>
line(s)	<p>A sequence of multiple LDF movements. During competitions athletes most commonly perform multiple <i>lines</i> after each other and connect them somehow with turns. There is no rule or standard on how many movements need to be performed after each other or in which way the movements have to be performed after each other for it to be considered a <i>line</i>. Since a <i>combo</i> consists of at least two movements it can be assumed that when someone refers to a <i>line</i> it usually consists of more than two movements.</p>
run	<p>The athlete’s competition performance as a whole. Usually an LDF competition run lasts for about 60-120 seconds and consists of multiple <i>lines</i> and may contain <i>combos</i>.</p>
clean	<p>Stating that a movement, a <i>line</i>, a <i>combo</i>, or a whole <i>run</i> was not only executed successfully but also that the execution was good. For example: “Such a clean run.” or “That was clean.”</p>
to land/landing a movement	<p>Executing an 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>
fail(s)	<p>An unsuccessful execution of a movement.</p> <p>This is 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>. For example: “The athlete had two <i>fails</i>.” or “That was a fail.”</p>
toedrag	<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 levels of severity under which this may lead to a movement not being counted or at least leading to a deduction.</p>

Terminology	Description/Explanation
heeldrag	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 levels of severity 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. For example: "That was sketchy."
banger	Often used to state that a movement is very impressive or difficult. Predominantly used for <i>tricks</i> . For example: "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 <i>fail</i> 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> the starting athlete does not receive a letter but the next athlete can perform a <i>trick</i> of choice 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 community and skateboarding discipline.
redo	A term especially used in <i>Game of Skate</i> . It is usually used when a player nearly <i>lands</i> a <i>trick</i> or <i>lands</i> it very <i>sketchy</i> and the athlete who did the <i>trick</i> 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> bearings, 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 board's direction of motion.
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 specific 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. Since it is a very distinct way of maneuvering the board, <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 <i>manual</i> when a <i>trick</i> with <i>airtime</i> was landed in that balancing position and otherwise it was referred to as “wheelie”. Nowadays, the term wheelie appears to not be used in LDF 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 <i>flip</i> 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 to the author.</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 to the author.</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 to a <i>kickflips</i> is that during a <i>pressureflip</i> the <i>flip</i> 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 <i>flips</i> by itself when this pressure is released via the athlete jumping.</p>

Terminology	Description/Explanation
Wheelflip(s)	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.
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)	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> .
Impossible(s)	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.
Bigspin	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 “Biggerspin” is used.
Spinbig	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.
Oldschool	This term is generally used for any kind of <i>trick</i> that was done before the invention of the <i>Ollie</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.
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 “fp”.</p>
No-Comply(s)	A special version of <i>Footplants</i> .

Terminology	Description/Explanation
	<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> <p>Can be abbreviated as “nc”.</p>
Ghostride(s)	<ol style="list-style-type: none"> <li>1. When you initiate a <i>trick</i> by making one or two steps on the ground.</li> <li>2. When you perform a <i>step</i> that includes making one or two steps on the ground.</li> </ol>
Grab(s)/Grab Tricks/Hand Tricks	A category of <i>tricks</i> where the rotation of the board is mainly done or guided by grabbing it with one or two hands.
Boneless/Early Grab	A subcategory of <i>hand tricks</i> where the board is grabbed before it is rotated and <i>popped</i> . The <i>Boneless</i> usually involves taking at least one step onto the ground.
Truckstand(s)	A category of <i>tricks</i> that involve 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"> <li>1. 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.</li> <li>2. 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°.</li> </ol>
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’s motion. When done as <i>backwards steps</i> it refers to the main part of the movement consists of the rider moving his legs in a backwards motion towards the <i>nose</i> while the body is facing <i>backwards</i> .
Fakie/Backwards (Steps)	A category of <i>steps</i> that are performed while the back is facing in the board’s direction of motion. There are no <i>nollie steps</i> so all <i>steps</i> that are performed with the back facing the board’s direction of motion 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"> <li>1. 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.</li> <li>2. 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</li> </ol>

Terminology	Description/Explanation
	<p>number is added it refers to 180°, otherwise the degree is stated.</p> <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	<p>When a movement is initiated out of a position where the feet are crossed. It can be recognized by the inside of the foot that is in front facing forward. There are multiple <i>crossfoot</i> variations: The <i>supporting leg</i> or <i>free leg</i> 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"> <li>1. <i>(Regular) Crossfoot</i></li> <li>2. <i>Switch Crossfoot</i></li> <li>3. <i>Nollie Crossfoot</i></li> <li>4. <i>Fakie Crossfoot</i></li> <li>5. <i>Backwards (Regular) Crossfoot</i></li> <li>6. <i>Backwards Switch Crossfoot</i></li> <li>7. <i>Backwards Nollie Crossfoot</i></li> <li>8. <i>Backwards Fakie Crossfoot</i></li> </ol> <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 &amp; 6 refer to the athlete standing on the <i>tail</i> while the terms 3, 4, 7 &amp; 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 &amp; 4 are synonymous with 5 &amp; 6 and the terms 7 &amp; 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>Some people seem to use the term "ladykiller" instead.</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 inside of the foot that is in front facing forward. There are multiple <i>crossland</i> variations: The <i>supporting leg</i> or <i>free leg</i> 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"> <li>1. <i>(Regular) Crossland</i></li> <li>2. <i>Switch Crossland</i></li> <li>3. <i>Nollie Crossland</i></li> <li>4. <i>Fakie Crossland</i></li> </ol> <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</p>

Terminology	Description/Explanation
	landed on the tail terms could be used similar to those regarding <i>crossfoot</i> .
One-foot	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.
Swedish	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> edge.
Russian	This technique was probably made popular by the Russian rider Nikita Dvortsov.  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 toes, gets hooked underneath the board on the <i>toeside</i> edge.
One-foot Land(ing)	When a <i>trick</i> is landed with only one foot on the board while the other foot remains in the air.
Pop/Popping	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> .  It can be recognized by the popping sound when the board hits the ground.
Scoop	A <i>trick</i> technique where the foot on the <i>nose</i> or <i>tail</i> strongly guides the board rotation.
Airtime	<ol style="list-style-type: none"> <li>1. The time during a <i>trick</i> when both the board and the rider are completely in the air and nothing is touching the ground.</li> <li>2. The time during a <i>step</i> when the rider is completely in the air and is not touching the board or ground.</li> </ol>
tail scrape/scratch	When the <i>nose</i> or <i>tail</i> drags/grinds/scrapes/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.

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 knows<sup>9</sup>. At the moment his video might be the most comprehensive collection of LDF steps publicly available.

Terminology	Description/Explanation
Ghostride	A <i>step</i> that purposely includes making one or two steps on the ground before jumping back onto the board.
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 <i>180-step</i> can be performed <i>frontside</i> or <i>backside</i> . The <i>180-step</i> 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 stance</i> .
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	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 of the board's motion. Afterwards the other foot is placed in front again so that the rider is standing in the <i>stance</i> the <i>step</i> was initiated. This <i>step</i> can be performed in <i>regular/goody</i> and <i>switch stance (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> .  Colton, A. (2006, March 7). <i>Cross Stepping</i> . YouTube. <a href="https://www.youtube.com/watch?v=qH5O2C2iXbM">https://www.youtube.com/watch?v=qH5O2C2iXbM</a>
Chop-the-Wood	Colton, A. (2006, March 7). <i>Chop the Wood</i> . YouTube. <a href="https://www.youtube.com/watch?v=nSiMBnWYWb8">https://www.youtube.com/watch?v=nSiMBnWYWb8</a>
Peter-Pans	Simple Longboards (2012, March 6). <i>Simple Longboards: Let's Dance - The First Steps</i> . YouTube. <a href="https://www.youtube.com/watch?v=2LHIEL8fCZQ">https://www.youtube.com/watch?v=2LHIEL8fCZQ</a>
Sidewinders	Simple Longboards (2012, March 6). <i>Simple Longboards: Let's Dance - The First Steps</i> . YouTube. <a href="https://www.youtube.com/watch?v=2LHIEL8fCZQ">https://www.youtube.com/watch?v=2LHIEL8fCZQ</a>

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

Terminology	Description/Explanation
Lookback	Colton, A. (2006, March 7). <i>The Lookback</i> . YouTube. <a href="https://www.youtube.com/watch?v=n4aFdYd8YMQ">https://www.youtube.com/watch?v=n4aFdYd8YMQ</a>
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. <a href="https://www.youtube.com/watch?v=LSvZv5MZxbU">https://www.youtube.com/watch?v=LSvZv5MZxbU</a>

## 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 *regular/goofy 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 Sloim<sup>10</sup>, Nick Jones<sup>11</sup> and Natalie Pluto<sup>12</sup> containing multiple different *hand tricks*. Some of their terminology might differ from this dictionary though.

<sup>10</sup> Sloim, M. (2024, December 1). *50 grab tricks !! (longboard dancing challenge)*. YouTube. <https://www.youtube.com/watch?v=EYHGfdjQpMk>

<sup>11</sup> Jones, N. (2016, August 3). *25 Longboard Grab Tricks*. YouTube. <https://www.youtube.com/watch?v=UfGTngylsxo>

<sup>12</sup> Pluto, N. (2022, September 15). *20 Longboard TIGER CLAW Variations*. YouTube. [https://www.youtube.com/watch?v=WS7a\\_EkQfUU](https://www.youtube.com/watch?v=WS7a_EkQfUU)

Terminology	Description/Explanation
Caveman	<p>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. → <i>pop</i> + grabbing the <i>nose</i> + 2 steps + jumping back onto the board.</p>
Tigerclaw	<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. → <i>regular/goofy/switch stance</i> + <i>pop</i> + grabbing the board + 2 steps + 360° board rotation + jumping back onto the board.</p> <p>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 landing <i>stance</i>.</p> <p>Loaded Boards (2008, October 2). <i>Trick Tip: Tiger Claw</i>. YouTube. <a href="https://www.youtube.com/watch?v=HhuiP7YXyNY">https://www.youtube.com/watch?v=HhuiP7YXyNY</a></p>
(Fakie/Nollie) Aerograb	<p>A <i>hand trick</i> that typically consists of <i>popping</i> the board, rotating it 540° around its <i>vertical axis</i> while taking two steps on the ground and afterwards jumping back onto the board. → <i>fakie/nollie stance</i> + <i>pop</i> + grabbing the board + 2 steps + 540° board rotation + jumping back onto the board.</p> <p>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. <a href="https://www.youtube.com/watch?v=kKEUk8Ah1fi">https://www.youtube.com/watch?v=kKEUk8Ah1fi</a></p> <p>Corsi, J. (2025, January 15). <i>Longboard Tutorial / The Aerograb (Medium)</i>. YouTube. <a href="https://www.youtube.com/watch?v=C3q4V8Liepl">https://www.youtube.com/watch?v=C3q4V8Liepl</a></p>
(Fakie/Nollie) Aeroslam	<p><i>Aerograb</i> + 180° <i>Body-Varial</i> in the same direction. → <i>fakie/nollie stance</i> + <i>pop</i> + grabbing the board + 2 steps + 540 board rotation + 180 body rotation + jumping back onto the board.</p>
Armpossible	<p>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. → <i>pop</i> + grabbing the board + 2 steps + 180° board rotation + 360° board rotation</p>

Terminology	Description/Explanation
	mainly around its <i>horizontal axis</i> by wrapping it around the arm + jumping back onto the board.
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°. → <i>pop</i> + grabbing the board with both hands + 2 steps + 540° board rotation + 180° body rotation + jumping back onto the board.
Full-Moon	Corsi, J. (2018, June 3). <i>Jeff's Tips #4 / Longboard Tutorial</i> . YouTube. <a href="https://www.youtube.com/watch?v=ggsWPrCUXu4">https://www.youtube.com/watch?v=ggsWPrCUXu4</a>
Boneless	Grabbing the board with one hand, stepping off with one foot while <i>popping</i> the board, pulling it up in the air with the grabbing hand, jumping upwards while holding onto the board, and landing back onto the board.
360 Boneless	<i>Boneless</i> + 360° <i>Body-Varial</i> . → early grab + <i>pop</i> + 1 step + 360° board rotation + 360° body rotation + jumping back onto the board.

## 6.2 No-Comply Tricks

Something worth mentioning are the videos of Hans Wouter<sup>13</sup> as well as Marco Sloim<sup>14</sup> 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 180° <i>frontside</i> around the <i>vertical axis</i> while taking one step on the ground and jumping back onto the board. → <i>pop</i> + 1 step + 180° <i>frontside</i> board rotation + 180° <i>frontside</i> body rotation + jumping back onto the board.
Frontside No-Comply 180 Shuvit	<i>Frontside 180 No-Comply</i> but without the body rotation. → <i>pop</i> + 1 step + 180° <i>frontside</i> board rotation + no body rotation + jumping back onto the board.
Backside No-Comply 180 Shuvit	<i>Popping</i> the board and rotating it 180° <i>backside</i> around the <i>vertical axis</i> and jumping back onto the board. → <i>pop</i> + 1 step + 180° <i>backside</i> board rotation + no body rotation + jumping back onto the board.
(Fakie/Nollie) No-Comply Bigspin	<i>Popping</i> the board and rotating it 360° around its <i>vertical axis</i> while taking one step on the ground, rotating the body 180° in the same direction and jumping back onto the board. → <i>pop</i> + 1 step +

<sup>13</sup> Wouters, H. (2016, June 25). *50 NO-COMPLY VARIATIONS | Longboard Freestyle Tricks*. YouTube. <https://www.youtube.com/watch?v=k6Cos9HJx-0>

<sup>14</sup> Sloim, M. (2025, January 20). *50 No comply variations !!! (Longboard dancing challenge)*. YouTube. [https://www.youtube.com/watch?v=SJ5gy7h6\\_a4](https://www.youtube.com/watch?v=SJ5gy7h6_a4)

Terminology	Description/Explanation
	360° board rotation + 180° body rotation + jumping back onto the board.
(Fakie/Nollie) No-Comply Biggerspin	<i>No-Comply Bigspin</i> + 180° board rotation in the same direction → <i>pop</i> + 1 step + 540° board rotation + 180° body rotation + jumping back onto the board.
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 360° but in this case the athlete takes one step on the ground. → <i>pop</i> + 1 step + 360° board rotation mainly around its <i>horizontal axis</i> by wrapping it around the <i>popping</i> foot + jumping back onto the board.

### 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 <i>trick</i> on its own appears to have a way lower importance compared to other skateboarding disciplines.
Frontside 180 (Ollie)	<i>Ollie</i> + <i>frontside</i> 180° <i>Body-Varial</i> → <i>pop</i> + 180° <i>frontside</i> board rotation + 180° <i>frontside</i> jump.
(Fakie/Nollie) Bigspin	<i>Popping</i> the board and rotating it 360° around its <i>vertical axis</i> while the body rotates 180° in the same direction and afterwards landing back onto the board. → 360° board rotation + 180° jump.
(Fakie/Nollie) Fullcab	<i>Fakie/nollie Bigspin</i> + 180° <i>Body-Varial</i> or in other terms <i>fakie/nollie</i> 360° <i>Ollie</i> . → 360° board rotation + 360° jump.

Terminology	Description/Explanation
	This term may create some controversy since it is probably derived from the skateboarding <i>trick</i> 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 round <sup>15</sup> . 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.
(Fakie/Nollie) Biggerspin	<i>Fakie/nollie Bigspin</i> + 180° board rotation → 540° board rotation + 180° jump.
(Fakie/Nollie) Gazelle	<i>Fakie/nollie Bigspin</i> + 180° board rotation + 180° <i>Body-Varial</i> → 540° board rotation + 360° jump.

## 6.4 Shove-its/Shuvits

Terminology	Description/Explanation
(Fakie/Nollie) Shove-it/Shuvit	Rotating the board 180° around its <i>vertical axis</i> without rotating the body and afterwards landing back in the same <i>stance</i> . → 180° board rotation + jump without body rotation.
(Fakie/Nollie) 360 Shuvit	<i>Fakie/Nollie Shuvit</i> + 180° board rotation → 360° board rotation + jump without body rotation.
Pop-Shuvit	<i>Ollie</i> + <i>backside 180° Shuvit</i> → <i>pop</i> + 180 board rotation + jump without body rotation.
Double Rainbow	<i>Fakie/Nollie Stance</i> and both the board and body rotate 180° but in opposite directions. → 180° board rotation + 180° jump in the opposite direction.  Loaded Boards (2010, November 18). <i>Loaded Boards Trick Tip   The Double Rainbow with James Kelly</i> . YouTube. <a href="https://www.youtube.com/watch?v=Mc7oYkb3axg">https://www.youtube.com/watch?v=Mc7oYkb3axg</a>
Frontside Pop-Shuvit	<i>Ollie</i> + <i>frontside 180° Shuvit</i> → <i>pop</i> + 180 <i>frontside</i> board rotation + jump without body rotation.

## 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. → 1 or 2 steps + flip + jumping back onto the board.

<sup>15</sup> 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 360° around its <i>vertical axis</i> while also <i>flipping</i> it 360°, taking two steps on the ground, and afterwards jumping back onto the board. → <i>pop</i> + 2 steps + 360° board rotation + flip + 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. → <i>pop</i> + flip with the toes.
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. → <i>pop</i> + flip with the heel.
Varialflip	<i>Kickflip</i> + 180° board rotation around its <i>vertical axis</i> . → <i>pop</i> + 180° board rotation + <i>flip</i> .
Oldschool Varialflip	<i>Varialflip</i> out of the <i>oldschool stance</i> .  Loaded Boards (2010, December 3). <i>Loaded Boards Trick Tip   Old School Varial Flips with Adam Stokowski</i> . YouTube. <a href="https://www.youtube.com/watch?v=wesszdQM6hA">https://www.youtube.com/watch?v=wesszdQM6hA</a>
Frontside Flip	<i>Frontside 180 Ollie</i> + <i>Kickflip</i> → 180° <i>frontside</i> board rotation + <i>flip</i> + 180° <i>frontside</i> body rotation.
Treflip	<i>Kickflip</i> + 360° <i>backside</i> board rotation around its <i>vertical axis</i> → 360° board rotation + <i>flip</i> + jump without body rotation.
(Fakie/Nollie) Bigflip	<i>Bigspin</i> + <i>Kickflip</i> → 360° board rotation + <i>flip</i> + 180° body rotation.
(Fakie/Nollie) Biggerflip	<i>Biggerspin</i> + <i>Kickflip</i> → 540° board rotation + <i>flip</i> + 180° body rotation.
(Fakie/Nollie) Gazelleflip	<i>Gazelle</i> + <i>Kickflip</i> → 540° board rotation + <i>flip</i> + 360° body rotation.
Double Kickflip	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. → double flip with the toes.
Double Heelflip	720° 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. → double flip with the heel.

## 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. → <i>pop</i> + 1 step + <i>fingerflip</i> + jumping back onto the board.

Frontside No-Comply 180 Fingerflip	<i>Frontside 180 No-Comply + fingerflip</i> → <i>pop</i> + 1 step + 180° board rotation + <i>fingerflip</i> + 180° <i>frontside</i> body rotation + jumping back onto the board.
Demon Claw(s)	Grabbing the board at the trucks.  Jones, N. (2016, April 6). <i>TRICK TIP: Demon Claw</i> . YouTube. <a href="https://www.youtube.com/watch?v=zjXPuobfv04">https://www.youtube.com/watch?v=zjXPuobfv04</a>
Tigerclaw(finger)flip	<i>Tigerclaw + fingerflip</i> → <i>pop</i> + grabbing the board + 2 steps + 360° board rotation + <i>fingerflip</i> + jumping back onto the board.
Ninjaflip / Fakie No-Comply Biggerspin Fingerflip	Jones, N. (2016, November 15). <i>TRICK TIP: Ninja Flip</i> . YouTube. <a href="https://www.youtube.com/watch?v=y7kl0SLXrYo">https://www.youtube.com/watch?v=y7kl0SLXrYo</a>

## 6.7 Slides

Terminology	Description/Explanation
Frontside 180 Slide	The athlete and the board together <i>slide</i> 180° <i>frontside</i> . → 180° board slide rotation + 180° body rotation without jumping
Backside 180 Slide	The athlete and the board together <i>slide</i> 180° <i>backside</i> . → 180° board slide rotation + 180° body rotation without jumping
Backside No-Comply 180 Slide Shuvit	<i>Sliding</i> the board <i>backside</i> 180° while taking one step on the ground and jumping back onto it. → 1 step + 180° <i>backside</i> board slide rotation + jumping back onto the board without body rotation.
(Backside 180) Slide Shuvit	The board <i>slides</i> 180° <i>backside</i> while the athlete jumps in the air and afterwards lands back on it without rotating its body. → 180° <i>backside</i> board rotation + jumping without body rotation.
(Backside) 360 Slide Shuvit	The board <i>slides</i> 360° <i>backside</i> while the athlete jumps in the air and afterwards lands back on it without rotating its body. → 360° <i>backside</i> board rotation + jumping without body rotation.

## 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

Terminology	Description/Explanation
	possible so that it also fits in the category of <i>tricks</i> . → 180° board rotation + 180° body rotation without jumping.
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 Shanker	Colton, A. (2006, May 3). <i>The Shanker</i> . YouTube. <a href="https://www.youtube.com/watch?v=kFxIFSEtu04">https://www.youtube.com/watch?v=kFxIFSEtu04</a>
Spinbig/Spin Big	Loaded Boards (2008, October 13). <i>Trick Tip: Spin Big with Adam Colton</i> . YouTube. <a href="https://www.youtube.com/watch?v=EyTxducpZcU">https://www.youtube.com/watch?v=EyTxducpZcU</a>
Honey Butter/Dragon Tail	Loaded Boards (2011, March 15). <i>Loaded Boards Trick Tip   360 Tail Spin Dealio with Adam Colton</i> . YouTube. <a href="https://www.youtube.com/watch?v=R2ZRegu7V6o">https://www.youtube.com/watch?v=R2ZRegu7V6o</a>  Corsi, J.(2020, October 4). <i>Longboard tutorial / The Dragon Tail</i> . YouTube. <a href="https://www.youtube.com/watch?v=xVw027Di_6l">https://www.youtube.com/watch?v=xVw027Di_6l</a>
Truckstand	Simple Longboards (2013, November 15). <i>Simple Longboards Tricktionary – Truckstand</i> . YouTube. <a href="https://www.youtube.com/watch?v=TGaYa-tbKxo">https://www.youtube.com/watch?v=TGaYa-tbKxo</a>  Alfeo, G. (2022, February 6). <i>Longboard Dancing Tutorial: Truck Stand [goofy stance]</i> . YouTube. <a href="https://www.youtube.com/watch?v=R12eUefbfu4">https://www.youtube.com/watch?v=R12eUefbfu4</a>
Switchblade	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° 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.  Simple Longboards (2023, November 29). <i>Simple Longboards Tricktionary - G-Turn Switchblade</i> . YouTube. <a href="https://www.youtube.com/watch?v=BRwffjv4Qko">https://www.youtube.com/watch?v=BRwffjv4Qko</a>
(to) revert	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 that 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 No-Comply 180 (to) Revert</i> ”. If a <i>Pivot</i> in the same direction of the <i>trick’s</i> rotation is added as a <i>combo</i> it is usually simply called “ <i>to Pivot</i> ”.

## 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</i> stance.
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 the 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> .