how to ollie

1.	Noun
2.	Noun
3.	Noun
4.	Noun
5.	Noun
6.	Noun
7.	Verb - Base Form
8.	Noun
9.	Verb - Base Form
10.	Noun
11.	Noun
12.	Noun
13.	Noun

how to ollie

How to a ollie on a skateboard
First you need a skateboard and a If you are a beginner you might need knee and elbow pads for
when you spinal you don't break your elbow or dislocate your
Step one: you will first have to know how to ride a skateboard so to learn how you will need to know your
footing. To know your footing find the of the board the shorter end put your dominant foot on the
front of the board and your non dominant foot on the back where it That type of
footing is regular.the other type is goofy where you have the same footing but the board is For
instance i the goofy way.
Step two: you will need to learn how to manual (lower wheely). So what you do is you take your back foot and
put your weight on the back and you have to lean even or you could spinal (verb - Base
backwards on your back). One important step is to make sure the of your skateboard
does not touch the ground or it would be a to your ollie (hop).
Third and final step: now you know your position and your manual so you are ready for a ollie. To ollie when
you manual you hit the Noun of your board and push your front foot forward as you hop and
Noun your legs.
Now you know how to do a ollie have fun

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