

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 _____

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How to a ollie on a skateboard

First you need a skateboard and a _____ Noun _____. 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 _____ Noun _____.

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 _____ Noun _____ of the board the shorter end put your dominant foot on the front _____ Noun _____ of the board and your non dominant foot on the back where it _____ Noun _____. That type of footing is regular.the other type is goofy where you have the same footing but the board is _____ Noun _____. For instance i _____ Verb - Base Form _____ 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 _____ Noun _____ and you have to lean even or you could spinal (_____ Verb - Base _____ Form _____ backwards on your back). One important step is to make sure the _____ Noun _____ of your skateboard does not touch the ground or it would be a _____ Noun _____ 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

