

HOW TO HEEL!

STEP 1



START ON A SMOOTH, FLAT SURFACE WITH YOUR FEET SHOULDER WIDTH APART

STEP 2



TAKE A STEP AND PUSH WITH YOUR BACK FOOT. LIFT THE TOES OF YOUR FRONT FOOT SO ONLY THE WHEEL IS TOUCHING THE FLOOR

STEP 3



NOW DO THE SAME WITH YOUR BACK FOOT - YOU SHOULD BE SMOOTH ROLLING ALONG THE FLOOR!

STEP 4



TO STOP, LIFT YOUR TOES OF BOTH FEET UP SO YOUR HEELS ARE TOUCHING THE FLOOR

MAKE SURE YOU KEEP ONE FOOT IN FRONT OF THE OTHER - USUALLY YOUR DOMINANT FOOT WILL BE IN FRONT.
IF YOU NEED HELP - ASK SOMEONE TO PULL YOU ALONG UNTIL YOU GET THE HANG OF IT.

KEEP ON PRACTICING!

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