

# Somersault

An animation of a flip in the air

A **somersault** is an [acrobatic](#) move where a person moves the [feet](#) over the [head](#) whilst in mid-air. The somersault can be done forwards, backwards, or sideways and is similar to a *flip* (or, if performed backwards, a *backflip*). A backwards somersault while still moving forward is called a *Gainer*

The word comes from the old [French](#) word *sombresault*, which is no longer used.

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