

# R.I.P.P.L.E

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The new wave in aqua exercise

# R.I.P.P.L.E

- **R** Remember (The choreography)
- **I** Instruct (Verbally cue)
- **P** Perform (Visually cue)
- **P** Personalize (Teach the individual)
- **L** Lead (Teach the group)
- **E** Excite (Put it all together with excitement)

# Remember the Choreography

- Watch the video
- Listen to the music / Learn the music
- Mimic the Movements
- Read the Notes



# Choreography Notes

- Timing
- Verse 1, Chorus 1...
- Count
- Movement
- Reps
- Lead
- Music Cue
- Verbal Cue (Move, Muscle, Motivation)

**Warm-Up**




WIM 20

<b>Track #</b>	1
<b>Track Focus</b>	Warm-Up
<b>Track Length</b>	5:00
<b>Song Title</b>	Get Up
<b>BPM</b>	136

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2 x 8	Jump rope	16			Start w/ a jump rope
0:15	A	Verse 1	1 x 8	JUMP ROPE				
				Jump rope	8		Get up off your feet	8 jump ropes front
			1 x 8	Jump rope face R x4, Jump rope face L x4	1		Get this party started	Right for 4, left for 4
			1 x 8	Jump rope	8		We got to take a stand	Face us for 8
			1 x 8	Jump rope face R x4, Jump rope face L x4	1		Win a battle you never	Let's go right
0:44	B	Chorus 1	1 x 8	JACK & REACH				
				Jack	16		Get up get up get busy	Jumping jack, right arm up
				Arms: reach up R/L, Lateral bi/tri x2				
1:12	C	Bridge 1	4 x 8	JOG GET DOWN				
				Arms punch, Jog heel x2, Open arms, Jog high knee x2	8	R	Get down, get up	Jog down and jog up
1:40	A	Verse 2	4 x 8	JUMP ROPE	1		We've got to take a	Back to jump rope
2:08	B	Chorus 2	4 x 8	JACK & REACH	1		Get up get up get busy	Jumping jack, rt. up
2:37	C	Bridge 2	4 x 8	JOG GET DOWN	1	R	Get down, get up	Get down w/ the jog
3:05	A	Verse 3	4 x 8	JUMP ROPE	1		Get up off your feet	Jump rope
3:33	B	Chorus 3	4 x 8	JACK & REACH	1		Get up get up get busy	Jack with one arm
4:01	C	Bridge 3	4 x 8	JOG GET DOWN	1	R	Get down, get up	Get down
4:30	B	Chorus 4	4 x 8	JACK & REACH	1		Get up get up get busy	Jacks one more time
		Finish	1 x 1	Land wide, reach arm up				
V1		C1	B1	V2	C2	B2	V3	C3
								B3
								C4

Trainer's Tip: Match the moves with the words in the song. Sing along to your students. It will make learning, teaching and enjoying the choreography much easier.

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**Track #** 1  
**Track Focus** Warm-Up  
**Track Length** 5:00  
**Song Title** Get Up  
**BPM** 136

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2 x 8	Jump rope	16			Start w/ a jump rope	
0:15	A	Verse 1	1 x 8	JUMP ROPE Jump rope	8		Get up off your feet	8 jump ropes front	
			1 x 8	Jump rope face R x4, Jump rope face L x4	1		Get this party started	Right for 4, left for 4	
			1 x 8	Jump rope	8		We got to take a stand	Face us for 8	
			1 x 8	Jump rope face R x4, Jump rope face L x4	1		Win a battle you never	Let's go right	
0:44	B	Chorus 1	1 x 8	JACK & REACH Jack Arms: reach up R/L, Lateral bi/tri x2	16		Get up get up get busy	Jumping jack, right arm up	
1:12	C	Bridge 1	4 x 8	JOG GET DOWN Arms punch, Jog heel x2, Open arms, Jog high knee x2	8	R	Get down, get up	Jog down and jog up	
1:40	A	Verse 2	4 x 8	JUMP ROPE	1		We've got to take a	Back to jump rope	
2:08	B	Chorus 2	4 x 8	JACK & REACH	1		Get up get up get busy	Jumping jack, rt. up	
2:37	C	Bridge 2	4 x 8	JOG GET DOWN	1	R	Get down, get up	Get down w/ the jog	
3:05	A	Verse 3	4 x 8	JUMP ROPE	1		Get up off your feet	Jump rope	
3:33	B	Chorus 3	4 x 8	JACK & REACH	1		Get up get up get busy	Jack with one arm	
4:01	C	Bridge 3	4 x 8	JOG GET DOWN	1	R	Get down, get up	Get down	
4:30	B	Chorus 4	4 x 8	JACK & REACH	1		Get up get up get busy	Jacks one more time	
		Finish	1 x 1	Land wide, reach arm up					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

**Trainer's Tip:** Match the moves with the words in the song. Sing along to your students. It will make learning, teaching and enjoying the choreography much easier.

# Flash Card & Abbreviation Key

The Choreography Note Flash Cards are a truncated version of the full Choreography Notes for easy reference to help you memorize!

This top bar shows the track number, focus type, and song name for each track.

TRACK	FOCUS TYPE & TRACK / SONG NAME
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Here is a truncated description of the choreography for each part of the song.

INTRO	JOG HEEL	16x
VERSE	JOG HEEL SWEEP: Jog heel sweep, cross arms, open	8x
CHORUS	ROCKING HORSE PULL THROUGH: Pull through on Jog Heel 3	8x
BRIDGE	JUMP ROPE REACH: Jump Rope reach up, elbows down to tricep ext, bicep flex	8x
FINISH	Jump Together, Cross Arms	

Each part of the song as it relates to the choreography.

Below is the full track / song laid out with the Intro I, Verse V, Chorus C, Bridge B, and Finish F all abbreviated. The subscripted numbers are the amount of times each part of the song is repeated. For example, C<sub>4</sub> would mean it is the fourth Chorus of the song.

Number of repetitions for each part of the song.

I	V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>	F
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# Music

- Intro
- Verse
- Chorus
- Bridge
- Finish
- Signal

TRACK 1	WARM-UP — GET UP										
INTRO	Jump Rope									16x	
VERSE	JUMP ROPE: 8F, 4R/L, 8F, 4R/L									1x	
CHORUS	JACK & REACH: Jack, Arms: Reach Up R/L, Lateral Bi/Tri x2									16x	
BRIDGE	JOG GET DOWN: Jog Heel x2, Jog High Knee x2									8x	
FINISH	Land Wide, Reach Arm Up										
I	V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>	F

TRACK 1

TRACK 1		WARM-UP — GET UP									
INTRO		Jump Rope									16x
VERSE		JUMP ROPE: 8F, 4R/L, 8F, 4R/L									1x
CHORUS		JACK & REACH: Jack, Arms: Reach Up R/L, Lateral Bi/Tri x2									16x
BRIDGE		JOG GET DOWN: Jog Heel x2, Jog High Knee x2									8x
FINISH		Land Wide, Reach Arm Up									
I	V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>	F

## Wave 20 Choreo Sheet

TRACK 1 : WARM UP - GET UP												
I	Jump Rope											
V	JUMP ROPE: 8F, 4R/4L x2											
C	JACK & REACH: Jack, Arms: Reach Up R/L, Lateral Bi/Tri x2											
B	JOG GET DOWN: Jog Heel x2, Jog High Knee x2											
F	Land Wide, Reach Arm Up											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	F	

TRACK 2 : LINEAR - ME & MY GIRLS												
I	Jog Heel											
V	ROCK 2: Rocking Horse x2, Leg Swing BFBF											
C	RUN TO ME: Run F x8, Jack x2 (Arms: Sweep Close/Open), Run B x8, Jack x2											
B	JUMP FRONT BACK: Jump F/B x4, (Power Option x4)											
F	Land Wide, Fists Down at Sides											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	F	

TRACK 3 : LATERAL TRAVEL - I JUST DIED IN YOUR ARMS												
I	Karate Kick Side											
V	KARATE: Karate Kick Side SSD											
C	PULL SIDE STEP: Wide Step R x3 (Arms: DBL Reach/Pull), Mogul Side L/R, Repeat LRL											
B	CROSS COUNTRY SIDE: JJ Cross x6 face R, Jump tuck 1/2 turn, Repeat LRL											
F	Land Wide, Push Left											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	F	

TRACK 4 : SPEED - COME WITH ME												
I	Jog											
V	JOG 432: Jog x4, Run x3, Flick Kick Fast x2											
C	RUN WITH ME: Run TVL R x7 & Hold, Karate Kick B x4, Repeat TVL LRL											
B	JACK & SKI: Jack x1, CC (x4); Rocket Jack x2, Rocket CC x2 (x4)											
F	Leg Back											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	F	

TRACK 5 : GROUP - YOU SPIN ME ROUND												
I	Jog Heel, Choose a Partner											
V	MEET YOUR PARTNER: Jog heel, TVL Next to Your Partner; x8, Straight Kick x8, Jog Heel x4, Straight Kick x4, Jog Heel; x2, Straight Kick x2											
C	SPIN YOUR PARTNER: Jog TVL F, Holding R/L Hands x8											
B	LEAVE YOUR PARTNER: CC, TVL Home (Option: SUSP)											
F	Land Wide											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	F	

TRACK 6 : SUSPENSION - SAFE AND SOUND												
I	Tuck Touch											
V	TUCK CROSS: Tuck Touch F/B/R/L											
C	TUCK COMBO: Tuck, Knee Ext, V-Sit x2, Tuck Touch down											
B	TUCK SPIN: Tuck Spin x4, CC SUSP x4 R/L											
F	Stand Up											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	F	

TRACK 7 : UPPER BODY - CLARITY												
I	Hold Noodle in Front, R Lunge, Brace Core											
V	ONE ARM ROW: Row R, then L x16											
C	PRESS & ROW: L Lunge, Chest Press/Row x8, FAST Chest Press/Row x16											
B	PUSH UP PLANK: Chest Press x3, Fast x2											
F	Feet Down, Push F											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	F		

TRACK 8 : LOWER BODY - ALL NIGHT												
I	Noodle In Front, In Hands											
V	SLIDING JACKS: Slide ABD/ADDUCTION x3, Fast x2											
C	KICK BACK FRONT: Karate Kick B/F x3, Kick F Diag., Kick B Diag. (x2) R/L											
B	FAST SCOOTERS: Skateboard Sweep B x16 R/L											
F	Step Forward											
I	V1	C1	B1	V2	C2	B2	V3	C3	C4	F		

TRACK 9 : CORE - DIAMONDS												
I	Noodle Around Back, Brace Core											
V	MOGUL SIDE CRUNCH: Alt Tuck/Side Crunch R/L											
C	TWISTING CRUNCH: Twisted Tuck R/L											
B	DIAMOND CRUNCH: Reclining Crunch, Legs In Diamond Shape											
F	Hold Crunch											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	F		

TRACK 10 : FLEXIBILITY - MIRRORS												
I	Alt Lunge (Arms: Sweep)											
V	QUAD & HAM: Quad Stretch x4, Dancer Pose x4, Kick through hamstring stretch x4, flex foot R/L											
C	LUNGING SWEEP: Lunge to R/CTR, Sweep Arm Closed x2 then L. Repeat with Sweep Arm Open											
B	KNEE TWIST: Knee Up, Hold With OPP Hand, Twist to Figure 4 Stretch R/L											
F	Cross Leg Down, Step Forward											
I	V1	C1	B1	V2	C2	B2	F					

TRACK 11 (BONUS) : FLOTATION - LOVE SOMEBODY												
I	Straddle Noodle, Lower to SUSP											
V	SIDE LEAP: Side Leap (Arms: DBL Reach) R/L x4											
C	LEAN & RUN: Run SUSP, Leaning R/L x16											
B	SPLITS: Tuck/CC DIAG R/L/R, Run SUSP x4 Alt											
F	Stand											
I	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	F	

# Instruct (Verbally Cue)

- Cue with Precision
- Know your Audience
- Prepare in Advance
- Always cue on beats 4,5 or 6 (never 7 or 8)
- Companion with visual cues whenever possible
- Be Concise
- Be LOUD!



# Perform (Physically Cue)

- Demonstrate proper form and technique
- Use your video as a guide
- Be careful on deck to prevent injury
- Use mat or cushion and non-slippery surface
- Perform suspended and rebounding moves with precision and enthusiasm
- Strong crisp moves



# Personalize

- Connect with your students
- Connect with your people individually
- Make eye contact
- Use your students first or last names
- Smile, Sing, Joke – be yourself!
- When you connect, it is easier to correct
- Congratulate



# Lead (the group)

- Show your star power and lead
- Creative Intros
- Dynamic finishes
- Playful instructions
- Develop your own style
- Borrow creative moments from the video
- Costumes and performance is key



# Excite (Pull it all together)

- Be excited and Celebrate your class
- Be real, Be yourself
- Learn your student's goals and accomplishments
- Praise generously
- Endear yourself to your students
- Be REAL!
- Pull it all together



# R.I.P.P.L.E

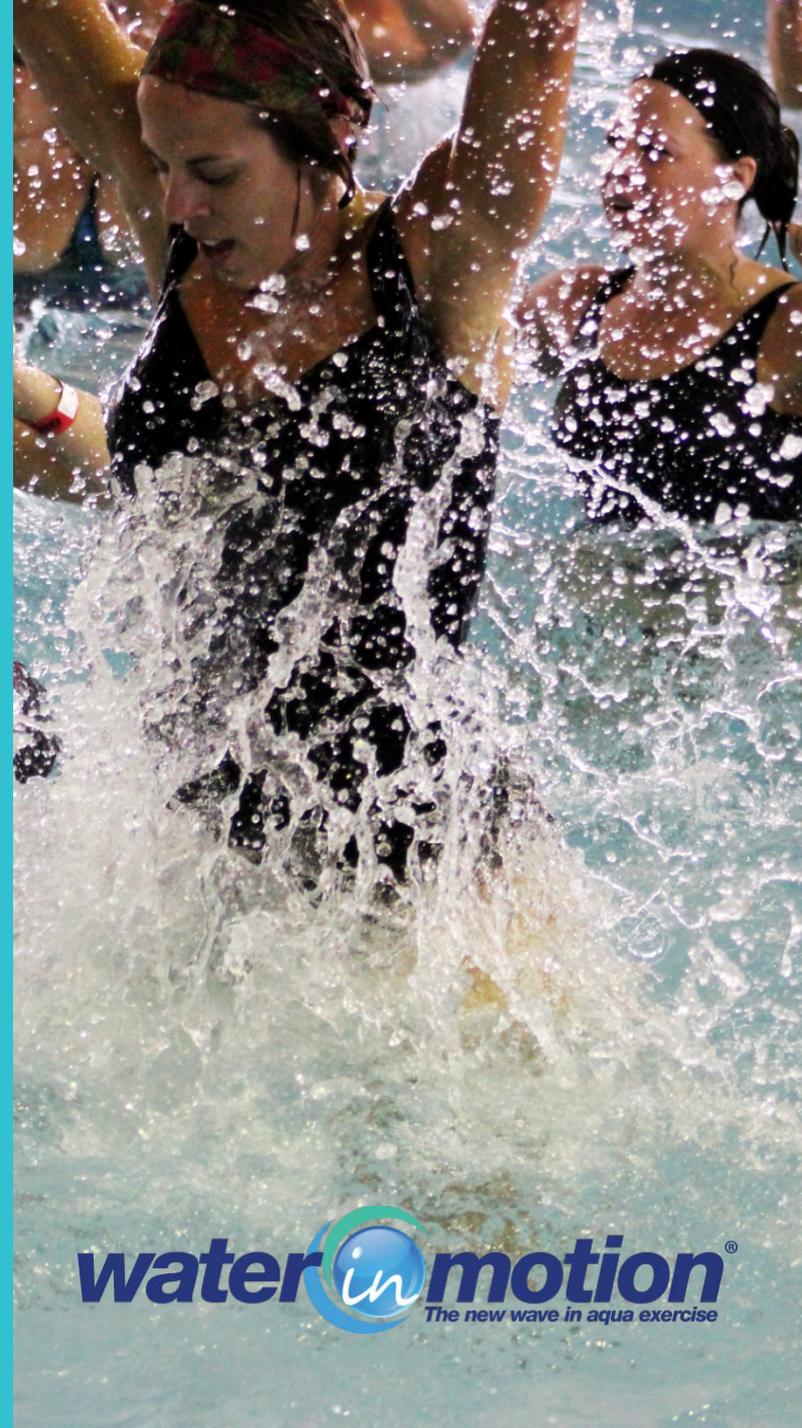
- You are the droplet that starts the RIPPLE that can change someone's world!



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