

R.I.P.P.L.E

Written by Sara Kooperman,
Connie Warasila and Jen Keet

www.WATERinMOTION.com
water@scwfitness.com
847-562-4020






1

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)



2

Remember the Choreography


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



3

Choreography Notes

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



4

Warm-Up
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WIM 20

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	8		Get up off your feet	8 jump ropes front
		1 x 8	Jump rope	1		Get this party started	Right for 4, left for 4
		1 x 8	Jump rope face R x4, Jump rope face L x4	8		We got to take a stand	Face us for 8
		1 x 8	Jump rope	1		Win a battle you never	Let's go right
0:44	B Chorus 1	1 x 8	JACK & REACH	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	8	R	Get down, get up	Jog down and jog up
			Arms punch, Jog heel x2, Open arms, Jog high knee x2				
1:40	A Verse 2	4 x 8	JUMP ROPE	1		We've got to take a	Back to jump rope
2:09	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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11

5

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

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

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	8x

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, C₄ would mean it is the fourth Chorus of the song.

I	V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄	F
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6

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 ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄	F
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TRACK 1

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7

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 ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄	F
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TRACK 1

8

water motion
The new wave in aqua exercise

Wave 20 Choreo Sheet

TRACK 1: WARM UP - GET UP I Jump Rope V JUMP ROPE 90° SWIRL x2 C JACK & REACH: Jack, Arms: Reach Up R/L, Lateral B/T to 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: LOWER BODY - GET UP I Hold Noodle in Front, R Lunge, Brace Core V ONE ARM ROW: Row R, then L x16 C PRESS & ROW: Lunge Chest Press Row x16, FAST Chest Press Row x16 B PUSH UP PLANK: Chest Press x16, Fast x2 F Feet Down, Push Up I V1 C1 B1 V2 C2 B2 V3 C3 B3 F
TRACK 3: LOWER BODY - GET UP I Jog Heel V ROCK 2: Rocking Heel x2, Leg Swing B/F C RUN TO ME: Heel x4, Jack x2 Arms: Swing Close/Open, Run 8 x4, Jack x2 B JUMP FRONT BACK: Jump F/B x4, (Power Option x4) F Land Wide, Feet Down at Sides I V1 C1 B1 V2 C2 B2 V3 C3 B3 C4 F	TRACK 4: LOWER BODY - ALL NIGHT I Noodle in Front, In Hands V SLIDING JACKS: Slide AND ADDUCTION x1, Fast x2 C KICK BACK HEEL: Knees Kick R/L, Kick Back, Kick B/Step x16 R/L B FAST SCOOTERS: Skateboard Sweep B x16 R/L F Step Forward I V1 C1 B1 V2 C2 B2 V3 C3 B3 C4 F
TRACK 5: LATERAL THING - JUST DIED IN YOUR ARMS I Karate Kick Side V KARATE: Karate Kick Side x16 C KICK SIDE: Kick Side x16, Karate Kick Side x16, Karate Kick Side x16 B CROSS COUNTRY: Side x16, Cross x16, Karate Kick Side x16, Karate Kick Side x16 F Land Wide, Push Left I V1 C1 B1 V2 C2 B2 V3 C3 B3 C4 F	TRACK 6: CORE - SHAMANO I Noodle Around Back, Brace Core V MIDDLE: SIDE CRUNCH AND Tuck Side Crunch R/L C TWISTING CRUNCH: Twisted Tuck R/L B DIAMOND CRUNCH: Reaching Crunch, Legs in Diamond Shape F Hold Crunch I V1 C1 B1 V2 C2 B2 V3 C3 B3 F
TRACK 7: SPEED - COME WITH ME I Jog V JUMP: Jog x4, Run x16, FAST Kick x16 C RUN WITH ME: Run T/L, R/L & Kick Karate Kick x16, Repeat T/L, R/L B JACK & REACH: Jack x2, Reel Jack x2, Reel Jack x2, Reel Jack x2 F Leg Back I V1 C1 B1 V2 C2 B2 V3 C3 B3 C4 F	TRACK 8: FLEXIBILITY - MIRRORS I All Lunge (Arms: Sweep) V SIDE LEAP: Side Leap x16, Side Leap x16, Side Leap x16, Side Leap x16 C JUMP: Jump x16, Jump x16, Jump x16, Jump x16, Jump x16, Jump x16 B HEEL HEEL: Heel Heel x16, Heel Heel x16, Heel Heel x16, Heel Heel x16 F Cross Leg Down, Step Forward I V1 C1 B1 V2 C2 B2 V3 C3 B3 F
TRACK 9: GROUP - JOG SPIN ME ROUND I Jog Heel, Choose a Partner V MEET YOUR PARTNER: Jog Heel T/L Next to Your Partner x16, Straight Kick x16, Jog Heel x16, Straight Kick x16, Jog Heel x16, Straight Kick x16 C SPIN YOUR PARTNER: Jog T/L, F, Holding R/L Hands x16 B LEAVE YOUR PARTNER: CC T/L, Home (Option: SCOP) F Land Wide I V1 C1 B1 V2 C2 B2 V3 C3 B3 C4 F	TRACK 10: PERSONALIZATION - LOVE SOMEBODY I Straddle Noodle, Lower to SLIP V SIDE LEAP: Side Leap (Arms: DEL Reach) R/L x16 C LEAN & RUN: Run SLIP, Leaning R/L x16 B SPIN TUCK: TUCK SLIP, Run SLIP x16 F Stand I V1 C1 B1 V2 C2 B2 V3 C3 B3 C4 F

9

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!



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10

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



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11

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



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12

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



13

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



14

R.I.P.P.L.E

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



15

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16