

how to Ripstick

1. Noun
2. Noun
3. Noun
4. Adjective

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First you need a _____^{Noun} Ripstick hips and feet. step one put your right or left foot on the front of the _____^{Noun} Ripstick. step two put your other foot on the back of the _____^{Noun} Ripstick. step three start _____^{Adjective} your hips and try down hill.