The Open Rib is a nice chunky version of the traditional Rib. The 2 sides are different, front is the chunky and the backside, the traditional.

Start with even number of stitches in the Stockinette pattern.

On one side of board, for the chunky, shift every other stitch to next needle. This means, lift loop 2 and place on needle 1. Lift loop 4 and place on needle 3. Lift loop 6 and place on needle 5. Continue this across the board, so that every other needle is empty.
Your stitches are now ready to weave in the Open Rib stitch.

Wrap yarn around every other needle on top row where you have a loop on every needle. Wrap the yarn around all needles with 2 wraps on bottom row. Do not cover the empty needles.

When you get to the end of the row, take yarn across the board straight up to the last needle.

Turn the board around to weave back to beginning of row.
Weave back to continue covering all empty needles on the side that has all needles covered.

On the chunky side, continue to wrap the chunky needles. Do not wrap the empty needles.

This is how your weaving will look, and now you are ready to hook over.

Hooking over:
On side with 2 wraps on all needles, lift lower loop over top of needle.

On side with chunky loops, lift bottom 2 loops over top of needle and top 2 loops. The top 2 loops remain for next row.
The chunky stitches are hooked over, and the traditional side is ready for hooking.

Then, you will be ready to weave the row again.