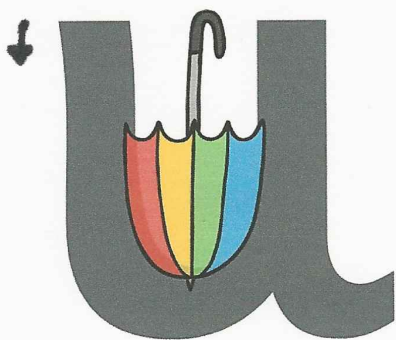
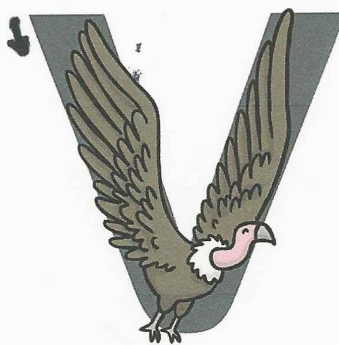


u= down and under the umbrella, back up, down and a little curl



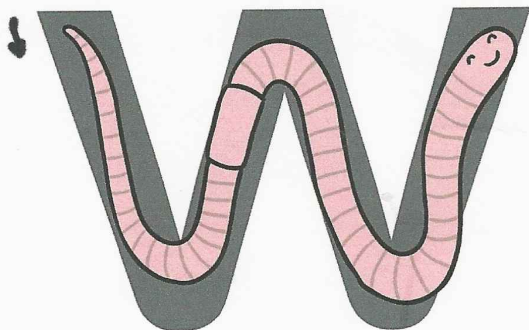
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v= down the wing of a vulture, back up the other wing



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w= down the worm, up the worm, down and up again



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x= across the arm and leg, repeat the other side.



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