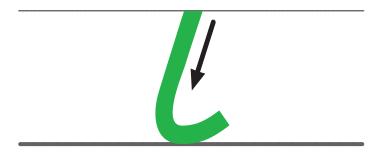




swing

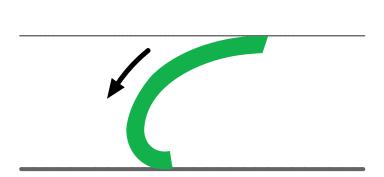
Start at the baseline. **Swing** up to the midline.





down

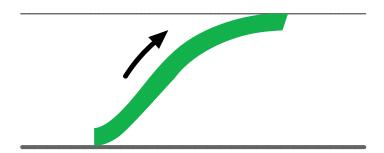
Start at the midline. **Down** to the baseline.





roll

Start at the midline. **Roll** around to the baseline.





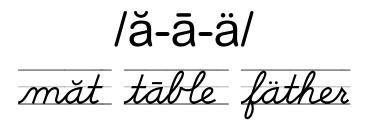
curve

Start at the baseline. **Curve** up to the midline.









^①**Curve** up to the midline, ^②**roll** back around to the baseline, ^③**swing** up to the midline, ^④**down** to the baseline.