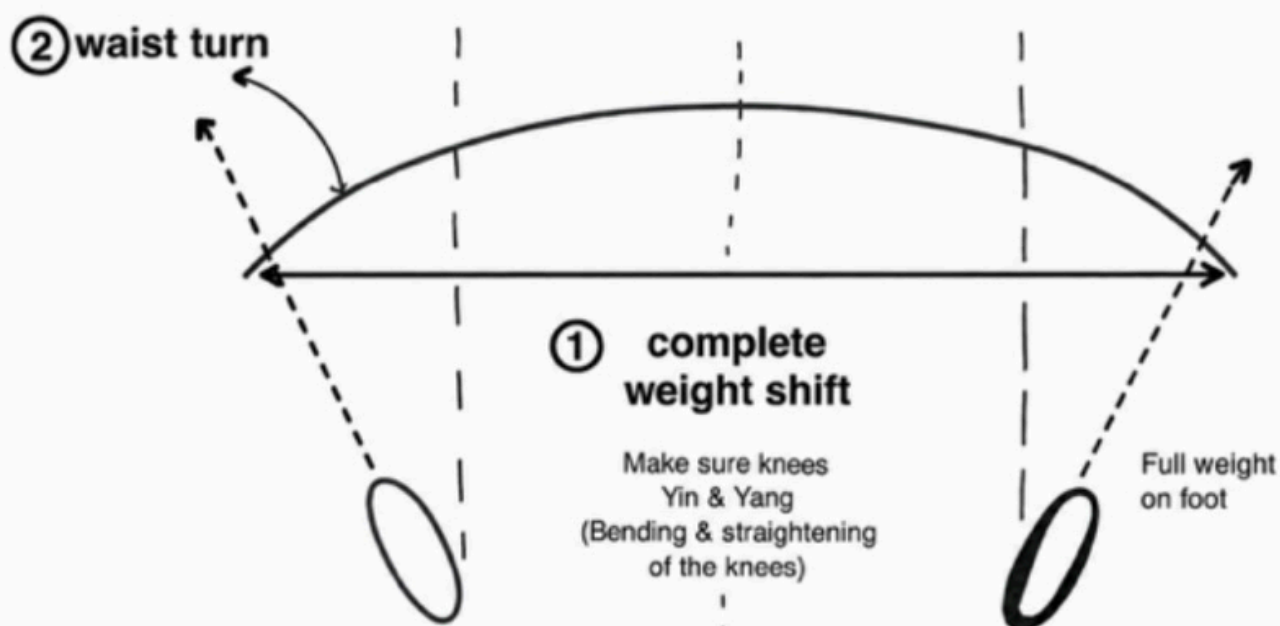




③ expansion → contraction → expansion



hip swivel
side to side weight shift