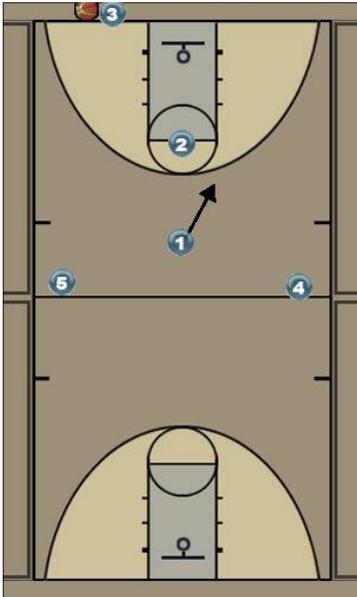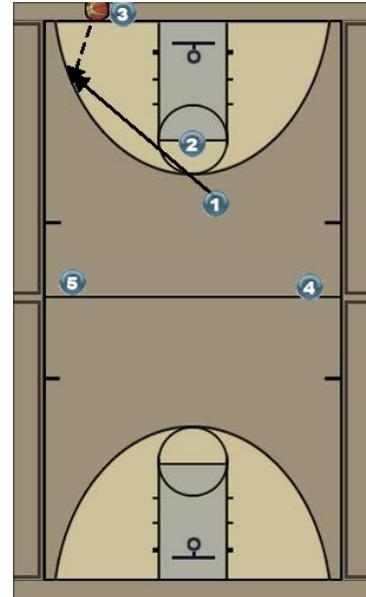# Reverse
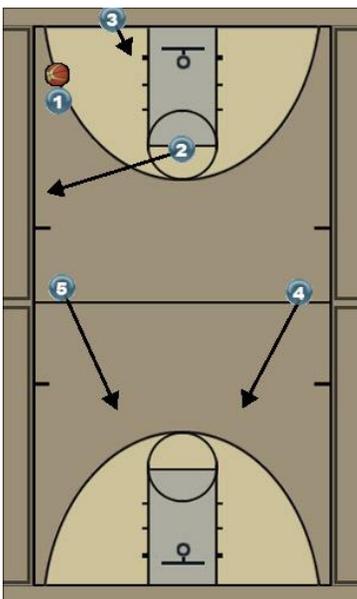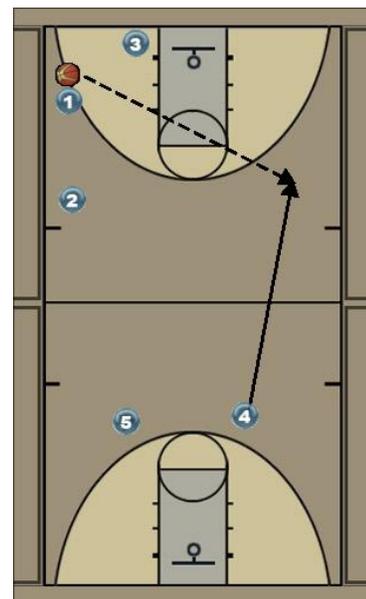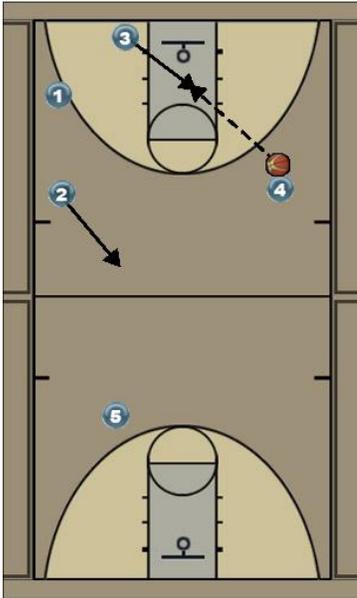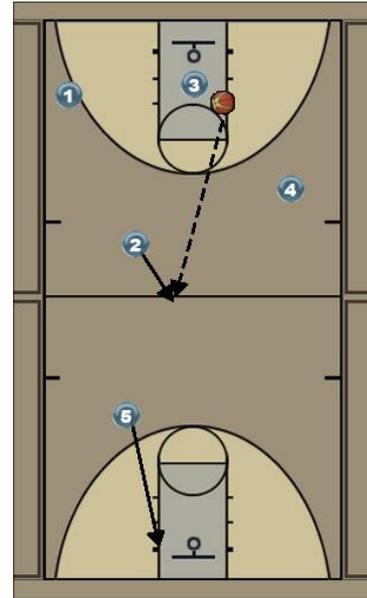
Movement 1

Movement 2

Movement 3

Movement 4

Movement 5

Movement 6

Movement 7