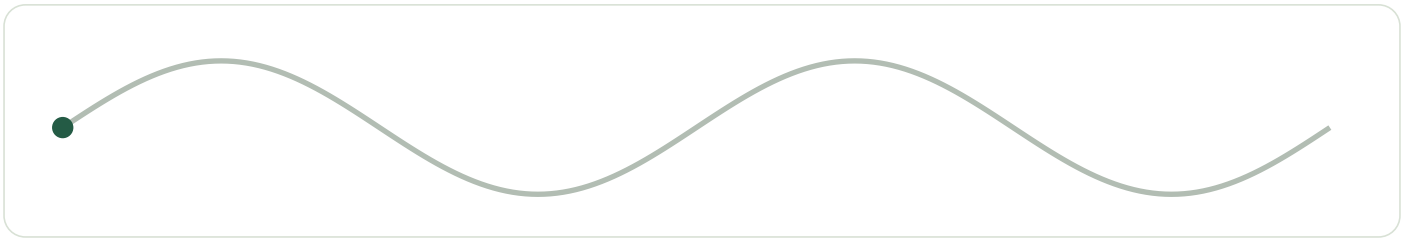
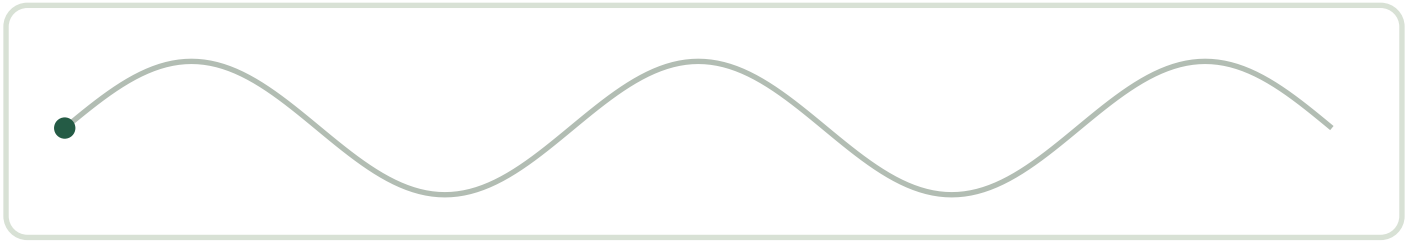
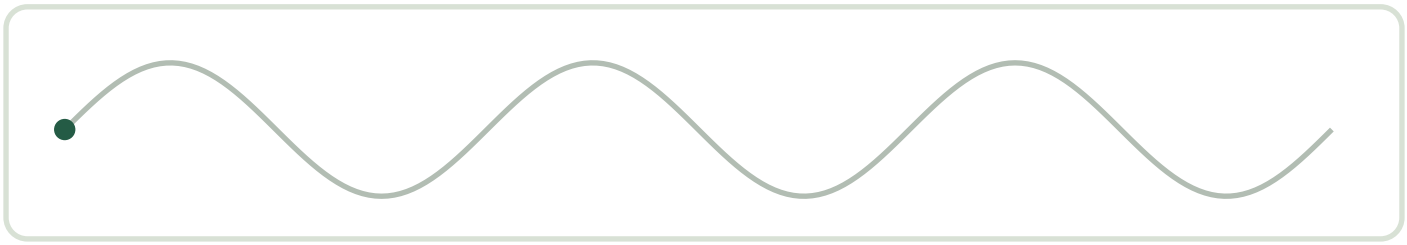
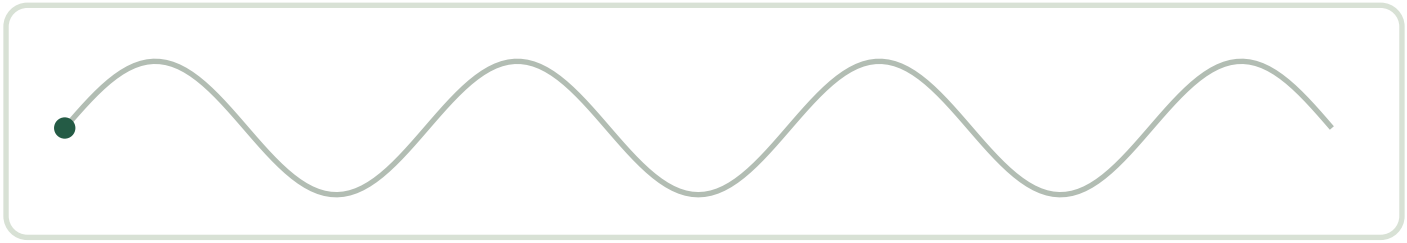
Wave and Pause Paths

Start at each green dot. Follow the light-grey route slowly.









Wave and Pause Paths

Try the movement again in the clear practice spaces.