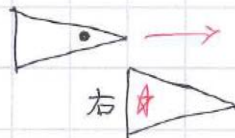
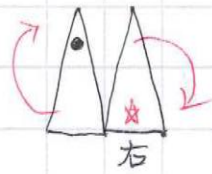
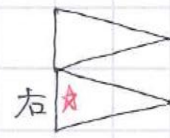


右向け、右

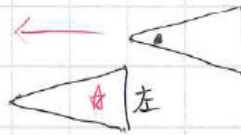
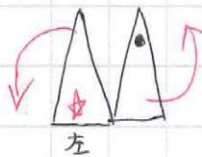


①

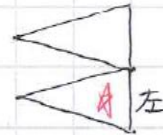


②

左向け、左

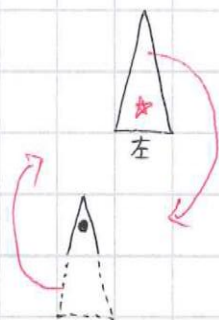
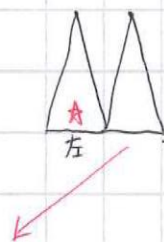


①



②

回り、右



①



②



③

①から②いうるときに、
後ろ(右足)に体重を
かけていくと回りやすい。