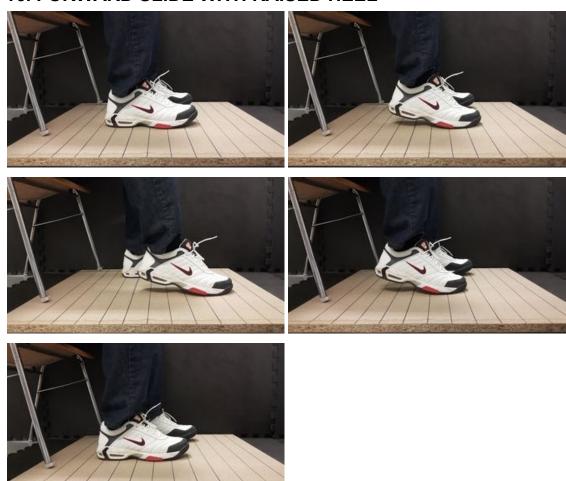
## 16. FORWARD SLIDE WITH RAISED HEEL



In context A: In context B: In context C: