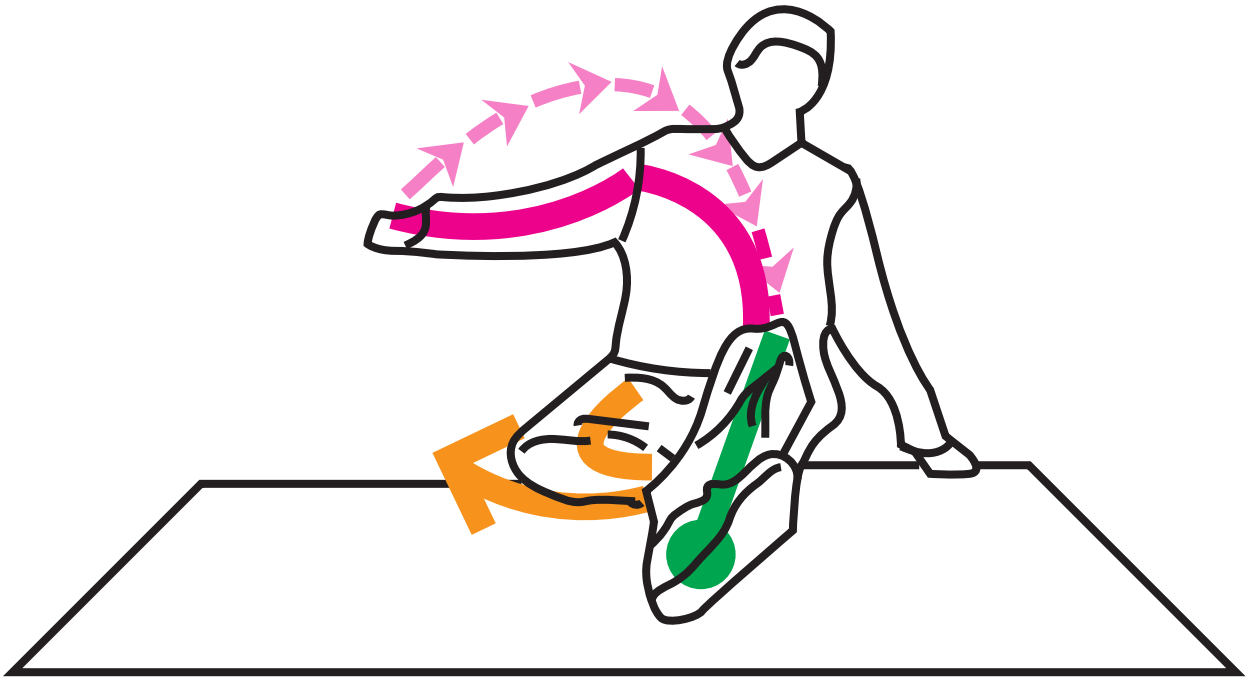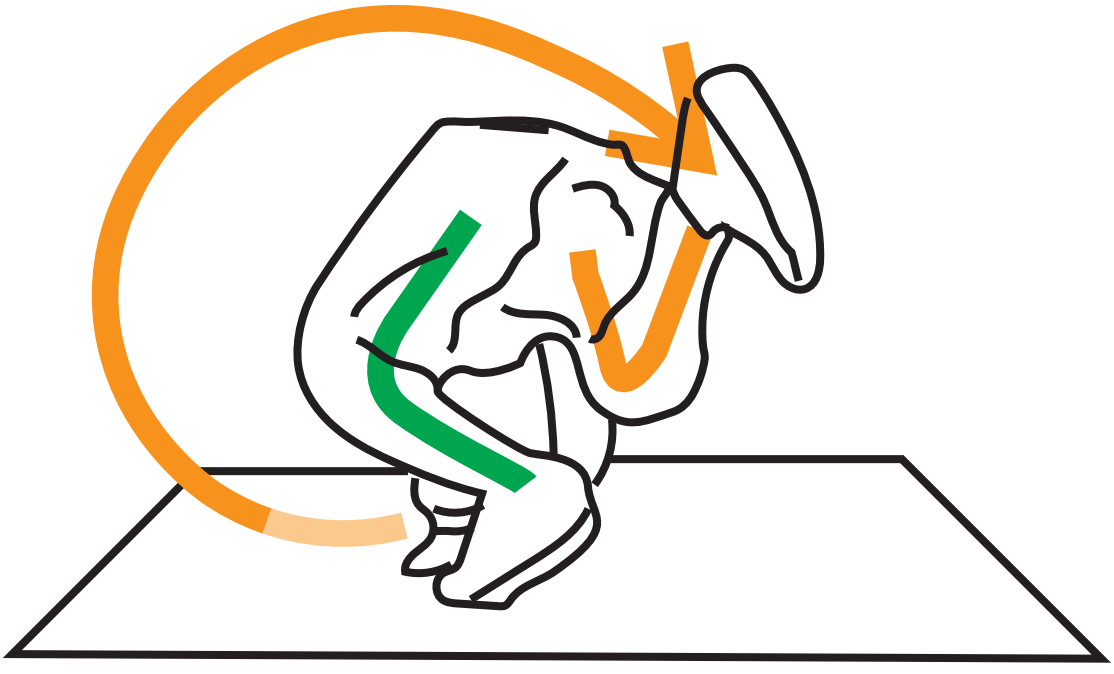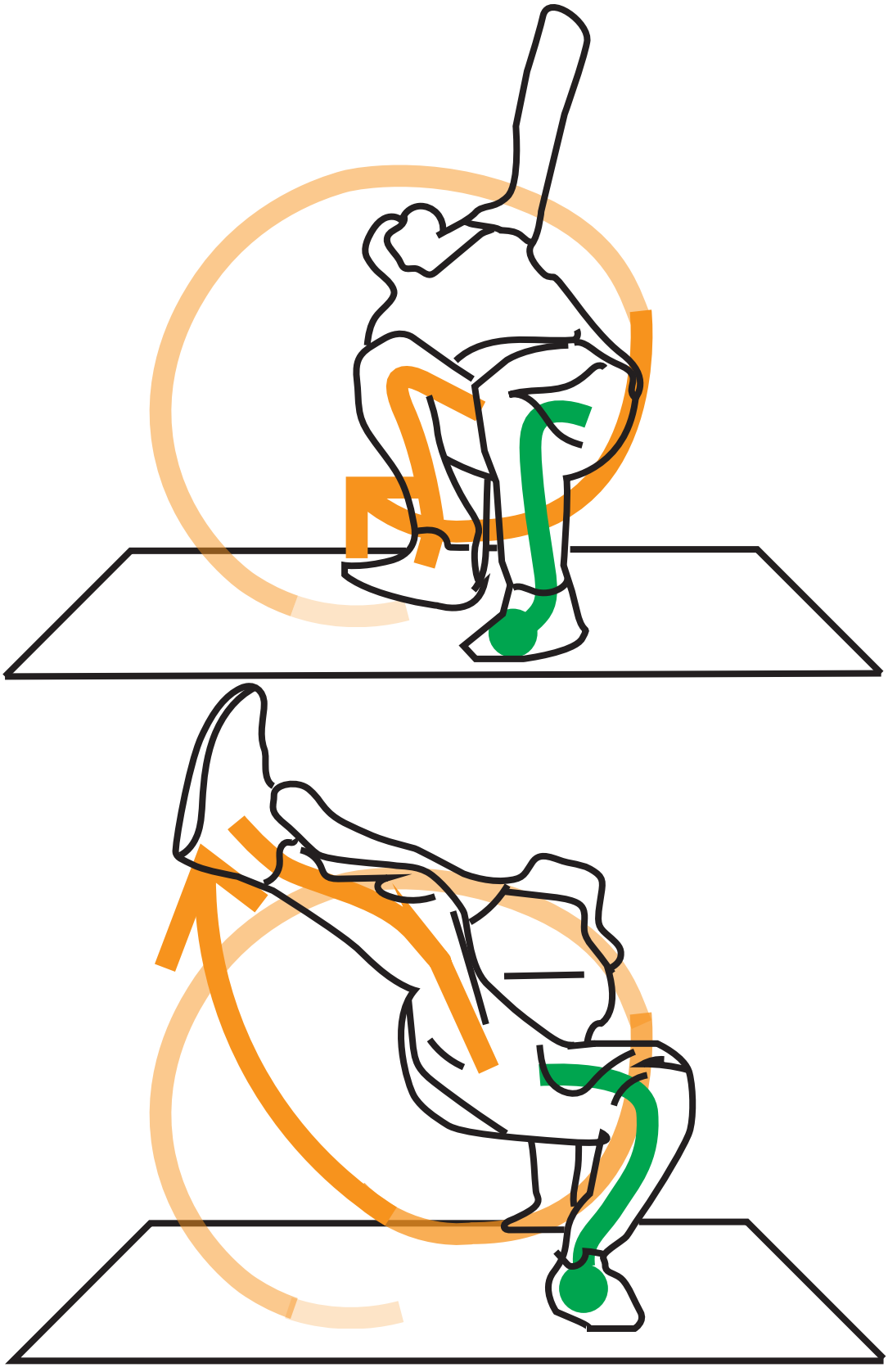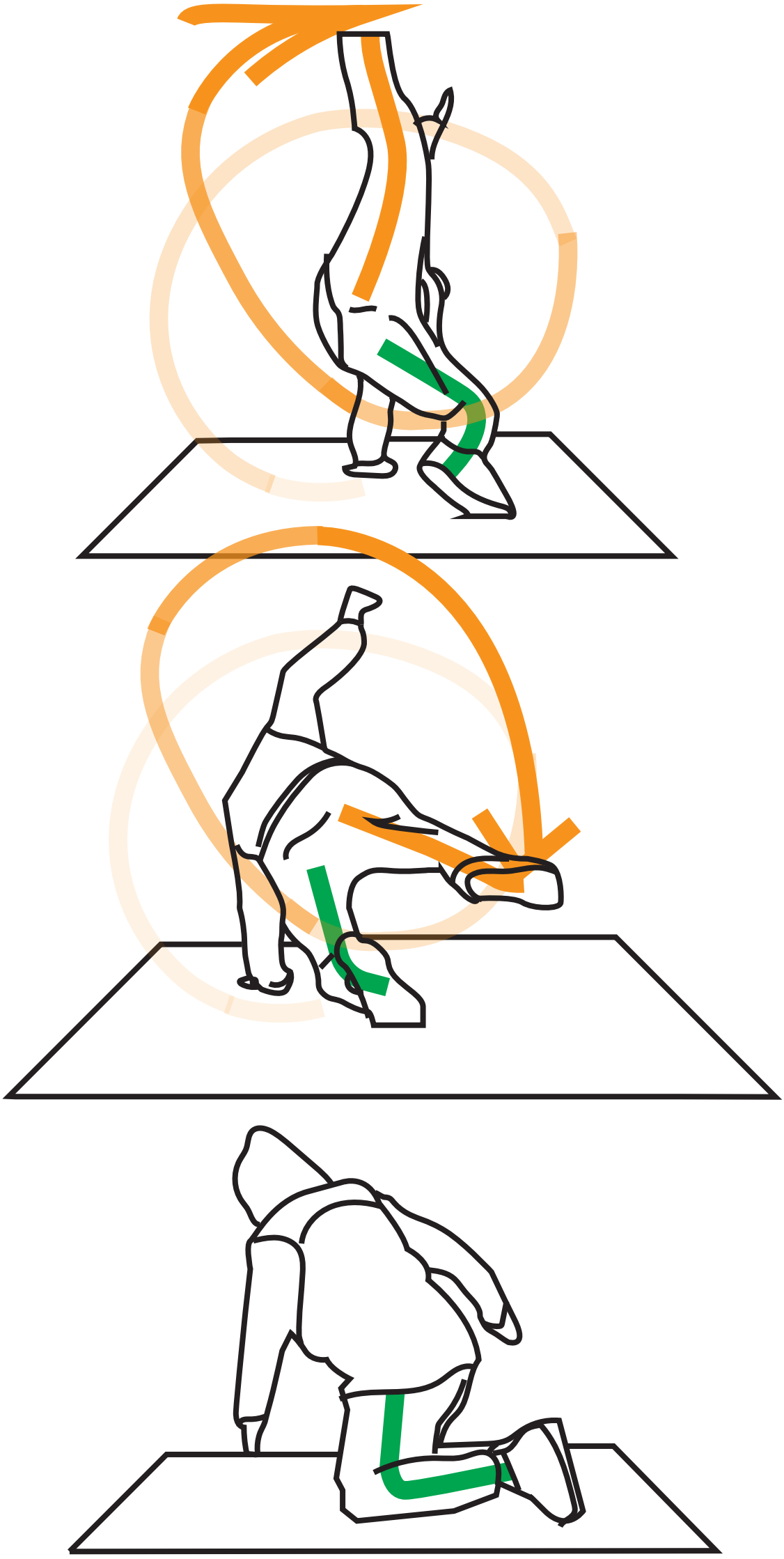Footwork Twist