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Answer:

Step1:

We fill a table of the size of the 2D map.

Step2:

We can simple solve the subproblem which is what is the minimum number of moves to reach the point(i,j) with the best score opt(i,j). The base cases are: moves(1,1) = 1 and moves(i,j) = 0 for all i and j that are off the board. Then we solve the following recursion:

$$moves(i,j) = \begin{cases} moves(i-1,j) & if \ opt(i-1,j) < opt(i,j-1) \\ moves(i,j-1) & if \ opt(i-1,j) > opt(i,j-1) \\ moves(i-1,j) + moves(i,j-1) & if \ opt(i-1,j) = opt(i,j-1) \end{cases}$$

It will run in $O(n^2)$.