```csharp
private List<BaseAction> GrabAndShootGunTask(
    IGrabbableEntity grabbableEntity, ITriggerableEntity triggerableEntity)
{
    List<BaseAction> task = new List<BaseAction>()
    {
        new MoveAction(_navMeshAgent, moveSpeed,
            grabbableEntity.transform.position),
        new GrabAction(leftHandController, grabbableEntity,
            new List<BaseAction>()
            {
                new ParallelAction(new List<BaseAction>()
                {
                    new MoveAction(_navMeshAgent, moveSpeed,
                        GetRandomTwitchTarget(transform.position)),
                    new TriggerAction(2.5f, triggerableEntity)
                })
            })
    };
    return task;
}
```