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### Pulses with a twist and torque

Structured light beams can serve as vortex beams carrying optical angular momentum and have been used to enhance optical communications and imaging. Rego *et al.* generated dynamic vortex pulses by interfering two incident time-delayed vortex beams with different orbital angular momenta through the process of high harmonic generation. A controlled time delay between the pulses allowed the high harmonic extreme-ultraviolet vortex beam to exhibit a time-dependent angular momentum, called self-torque. Such dynamic vortex pulses could potentially be used to manipulate nanostructures and atoms on ultrafast time scales.

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