

type List a = **mu** T { deref: ⟨ Nil | Cons (a, T) ⟩ }

$$\frac{\Gamma \vdash x : \mathbf{mu} \ t. \tau[t := \tau]}{\Gamma \vdash \mathbf{roll} \ x : \mathbf{mu} \ t. \tau}$$

$$\frac{\Gamma \vdash x : \mathbf{mu} \ t. \tau}{\Gamma \vdash \mathbf{unroll} \ x : \mathbf{mu} \ t. \tau[t := \tau]}$$

$$\frac{\Gamma \vdash x : \mathbf{mu} \ t \{ \text{deref} : \langle \text{Nil} \mid \text{Cons} \{ \text{data} : a, \text{rest} : \mathbf{mu} \ t \{ \text{deref} : \langle \text{Nil} \mid \text{Cons} \{ \text{data} : a, \text{rest} : t \} \# \} \} \# \} \rangle \}}{\Gamma \vdash \mathbf{roll} \ x : \mathbf{mu} \ t \{ \text{deref} : \langle \text{Nil} \mid \text{Cons} \{ \text{data} : a, \text{rest} : t \} \# \} \}}$$

$$\frac{\Gamma \vdash x : \mathbf{mu} \ t \{ \text{deref} : \langle \text{Nil} \mid \text{Cons} \{ \text{data} : a, \text{rest} : t \} \# \} \}}{\Gamma \vdash \mathbf{unroll} \ x : \mathbf{mu} \ t \{ \text{deref} : \langle \text{Nil} \mid \text{Cons} \{ \text{data} : a, \text{rest} : \mathbf{mu} \ t \{ \text{deref} : \langle \text{Nil} \mid \text{Cons} \{ \text{data} : a, \text{rest} : t \} \# \} \} \# \} \rangle \}}$$