```
I_{h[\theta]:=} ParametricPlot3D[\{r*(1+Sin[	heta]),r*Cos[	heta],r*(1-Sin[	heta])\},
\{r, -20, 20\}, \{\theta, -10, 10\}, PlotRange \rightarrow \{\{-5, 5\}, \{-5, 5\}, \{-5, 5\}\}\}
```