Difficulty: 2/4 Interest: 4/4

Consider folding a strip of n equilateral triangles down to 1 triangle in as few moves as possible.

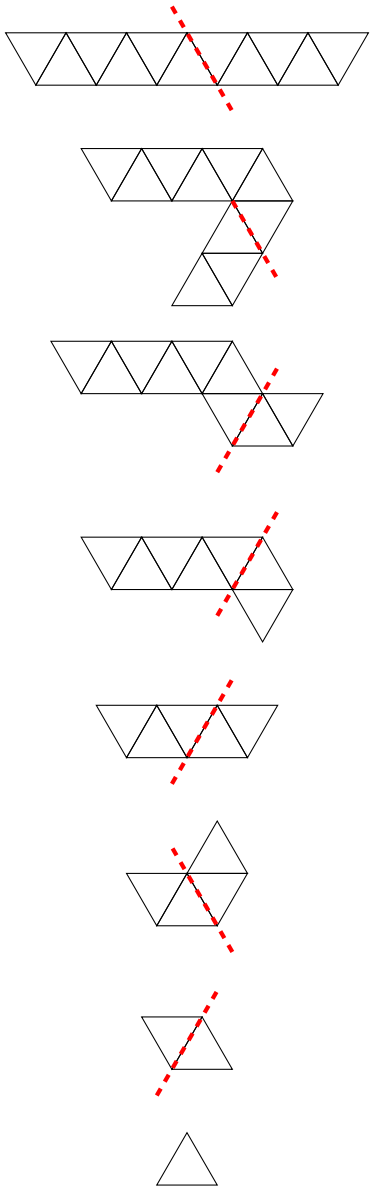

Figure 1: An example demonstrating that $a(11) \leq 7$.

Question. How many folds are required to fold a strip of n triangles down to one?

Related.

1. What if you can choose the starting configuration of the triangles? (e.g for $n = 10$, you can start from the second example)
2. What if you can fold along an entire line? (Not just a single cell.)