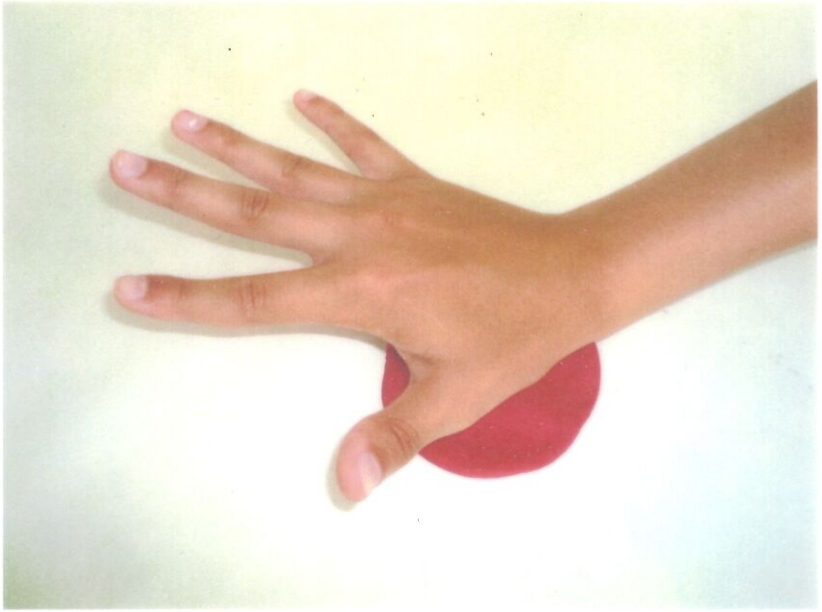
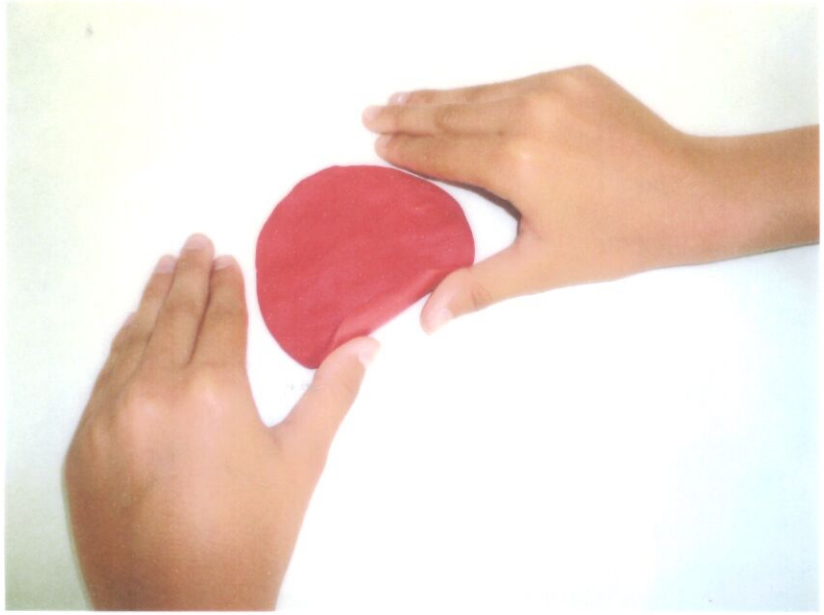


1. Squeeze and pinch to make a flat disc



2. Press down to make it into a pancake



3. Push with your thumbs and roll it up



4. And make a Swiss Roll!

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