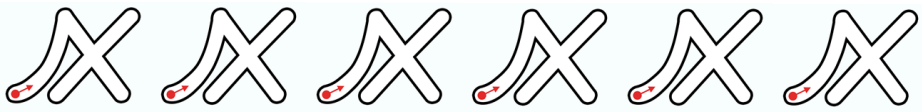
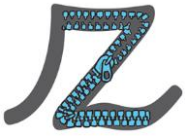
Zigzag monster letter formation

Slide up, down a wing and back up a wing, flick out	
Slide up, down and up the worm, Down and up, flick out	
Slide up, down the arm to the leg and Repeat, slide out	
Slide up, zig-zag-zig down the zip, slide out