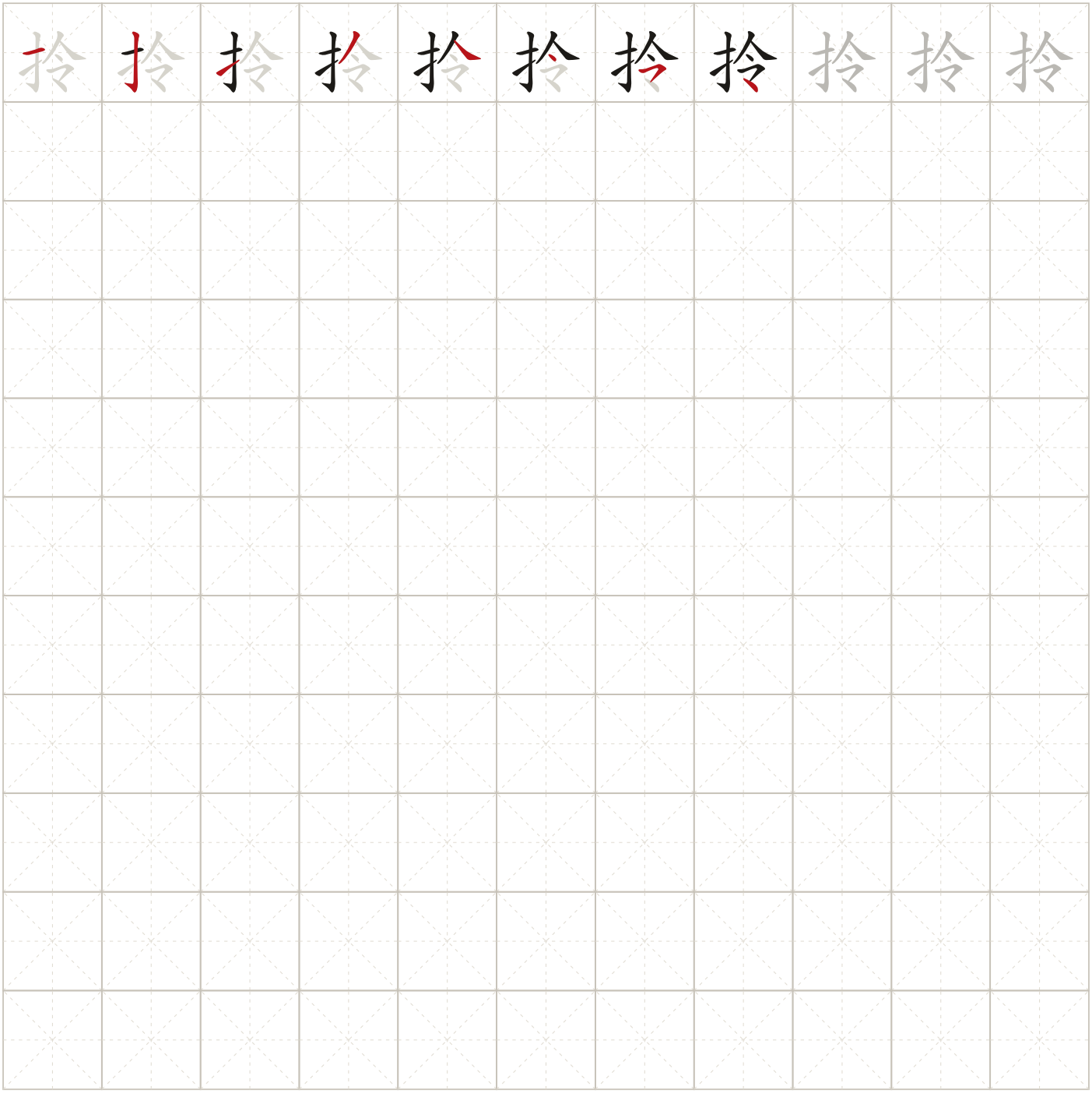
lǐn

拎

to lift or carry by hand

Trace each stroke, then write the character on your own.