zhuài

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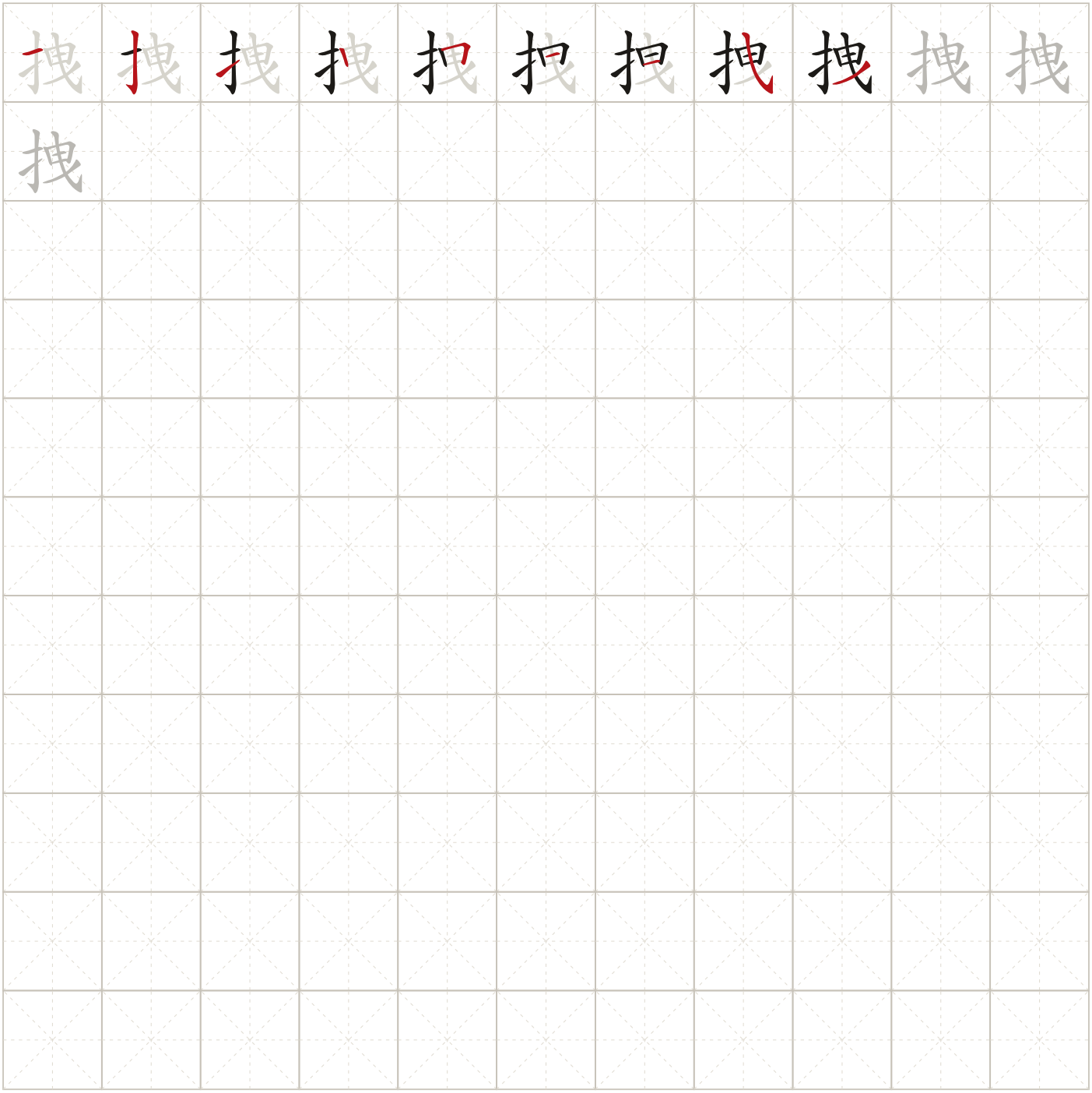
drag; haul; pull

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