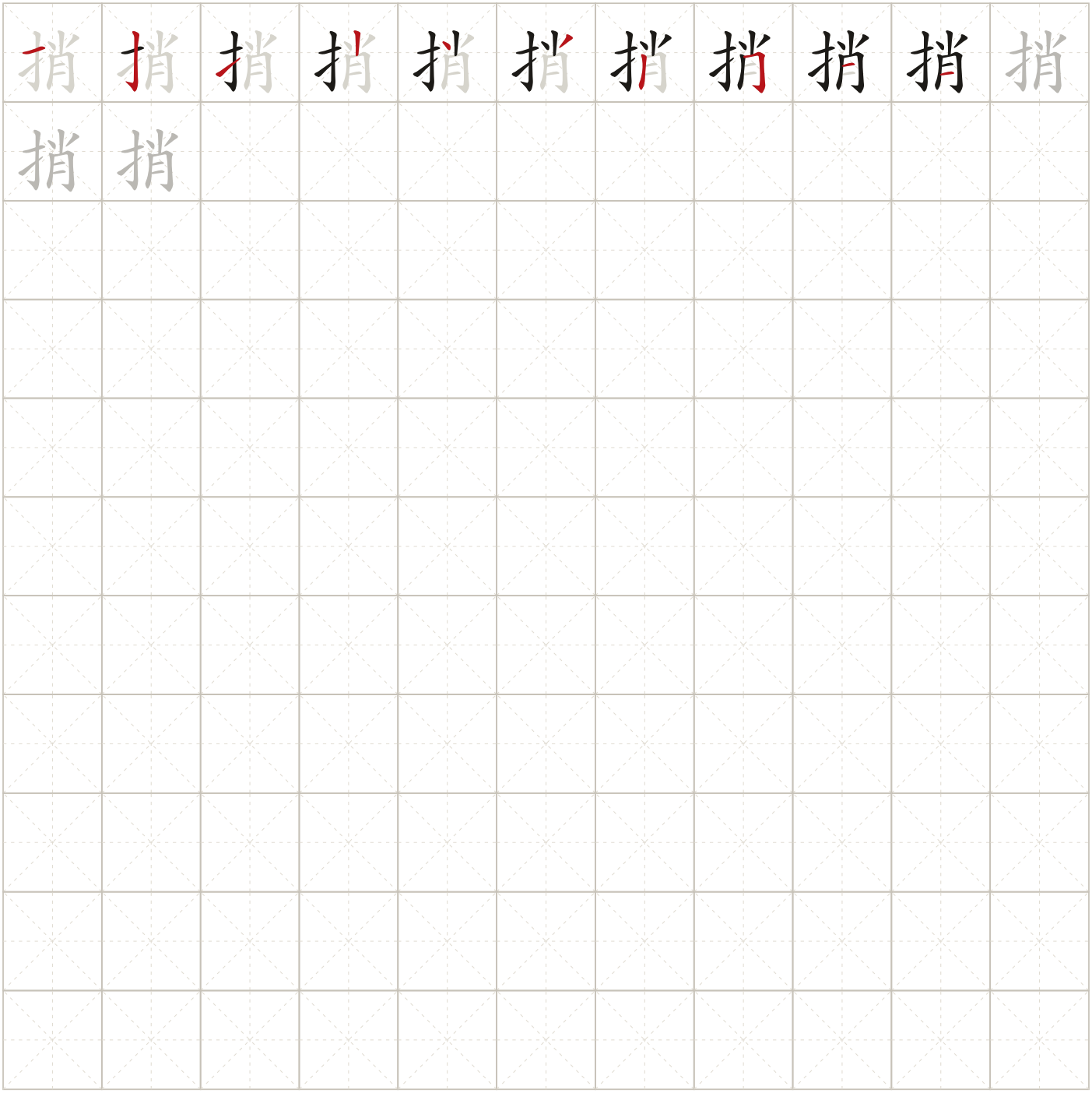
shāo

捎

drive backwards; back

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