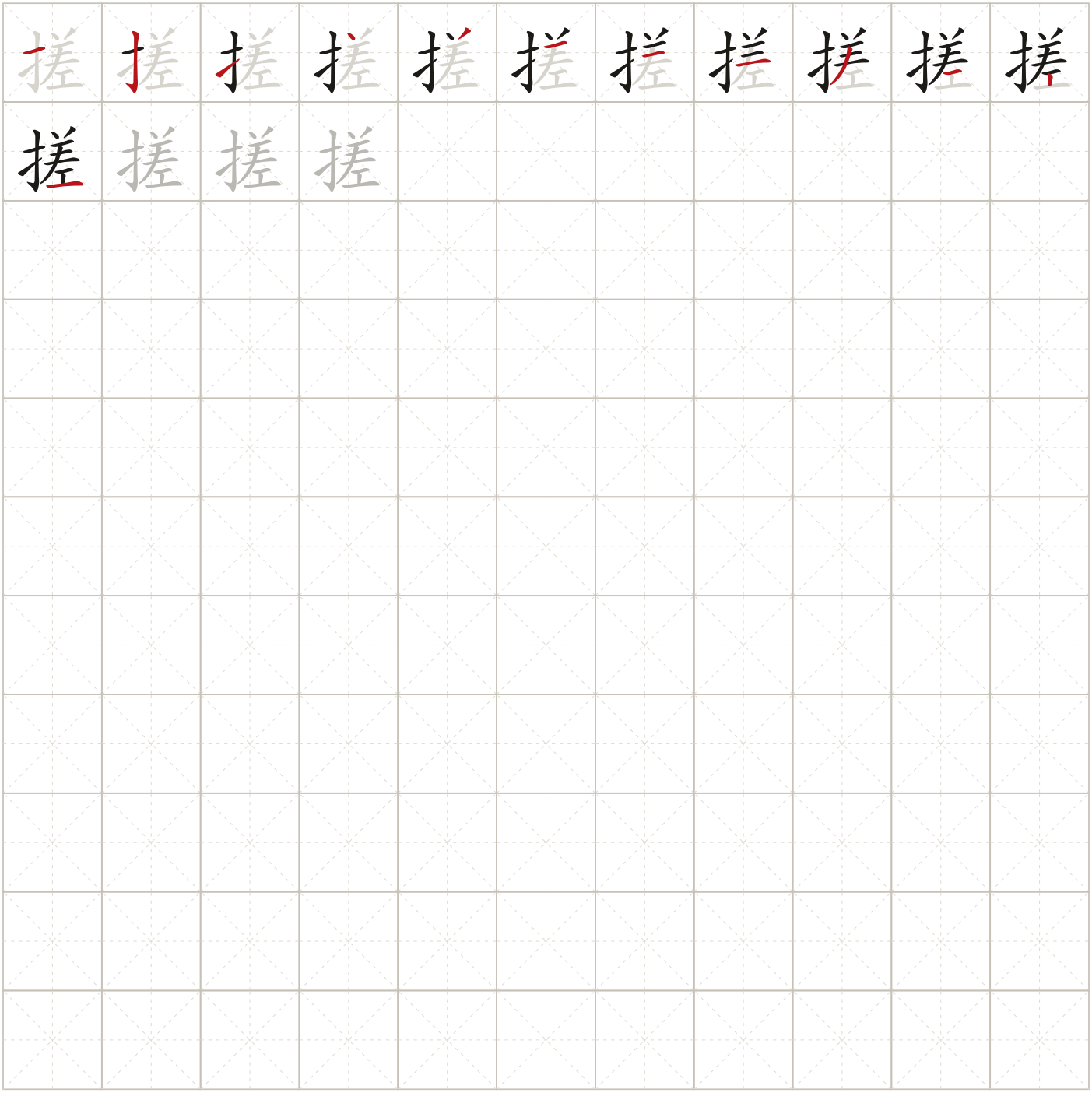
cuō

搓

twist; rub with the hands

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