

## **Description of Additional Supplementary Files**

**File name:** Supplementary Movie 1

**Description:** Supplemental movie showing the motion from Fig. 2.

**File name:** Supplementary Movie 2

**Description:** Supplemental movie showing the motion from Fig. 6 (a, b, c).

**File name:** Supplementary Movie 3

**Description:** Supplemental movie showing the motion from Fig. 6 (d, e, f).