

START 				
		 back 3 spaces		
FINISH				 forward 1 space

 forward 1 space				
START 				 back 3 spaces
FINISH				

	1	2	3	4
				5
18	19	20	21	6
17			22	7
16  forward 2 spaces			23 	8
15			24	9
14	13	12	11	10  back 3 spaces