

MOVE	MAIN WORD	step 1	step 2	step 3	MOVE	TOTAL
1	QUAKE	$Q10 \times 2 = 20$	$Q20 + U1 + A1 + K5 + E1 = 28$	$DW 28 \times 2 = 56$	56	56
2	QUITE	$Q10 + U1 + I1 + T1 + E1 = 14$	$DW 14 \times 2 + 28$	total $56 + 28 = 84$	28	84
3	YEAR	$Y4 \times 2 + E1 + A1 \times 2 + R1 = 12$	$KY K5 + Y4 \times 2 = 13; EE 1 + 1 = 2$	$12 + 13 + 2 = 27$	27	111
4	WULL					
5	LA					
6	CLIENTS					
7	EVICT					
8	HORRIBLE					
9	WRITHE					
10	WOOZIEST					
11	DAGGER					
12	ADO					
13	MARD					
14	RAPPINGS					
15	MIFFING					
16	DAYTImE					
17	OXER					
18	OU					
19	DOVEN					
20	VENA					
21	GOO					
22	BANJo					
23	SEAQUAKE					