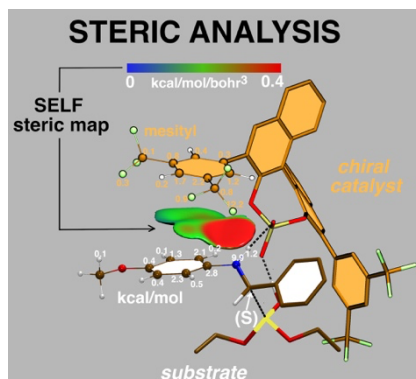


## Electronic Supplementary Information (ESI)

Click here to access the video:

[http://igmpplot.univ-reims.fr/videos/34\\_RobiettemovieSELF\\_3x.mp4](http://igmpplot.univ-reims.fr/videos/34_RobiettemovieSELF_3x.mp4)

illustrating steric dynamics across hindered rotation:



For a more comprehensive appreciation of the steric repulsion intricacies, we invite readers to explore the animated evolution of SELF iso-surface during rotation (presented in the ESI). This visualization provides a compelling and intuitive view of the subtle steric dynamics that occur over the course of the rotation.