Movie Captions

• Movie 1

Supplementary Movie 1. Turbulent flow (left) in HKW domain and its symmetry reduction (right). Shown here are the isosurfaces of streamwise velocity (red/blue: $u = 0.5 \ max/\min u$) and streamwise vorticity (green/purple: $\omega_x = 0.5 \ max/\min \omega_x$).

• Movie 2

Supplementary Movie 2. Turbulent flow (left) in P2K domain and its symmetry reduction (right). Shown here are the isosurfaces of streamwise velocity (red/blue: $u = 0.5 \ max/\min u$) and streamwise vorticity (green/purple: $\omega_x = 0.5 \ max/\min \omega_x$).

• Movie 3

Supplementary Movie 3. Relative periodic orbit $RPO_{79.4}$ (left) of the plane-Couette flow (HKW domain) and its symmetry reduction (right). Shown here are the isosurfaces of streamwise velocity (red/blue: $u=0.5~max/\min u$) and streamwise vorticity (green/purple: $\omega_x=0.5~\max/\min \omega_x$).

• Movie 4

Supplementary Movie 4. Symmetry-reduced flow (left), its SRDMD approximation (middle), and state space projection (right) showing the spiral-out episode in P2K domain (Fig. 6b and 7 of the main text). Shown here are the isosurfaces of streamwise velocity (red/blue: $u=0.5~max/\min u$) and streamwise vorticity (green/purple: $\omega_x=0.5~max/\min \omega_x$).