Parametric curves

1. A disk of radius 2 cm slides at a speed $12\sqrt{2}$ cm/sec in the direction of $\langle 1, 1\rangle$. As it slides it spins counterclockwise at 3 revolutions per second. Measuring time in seconds, at time $t = 0$ the disk's center is at the origin (0,0).

Find parametric equations for the trajectory of the point P on the edge of the disk, which is initially at $(2, 0)$.

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