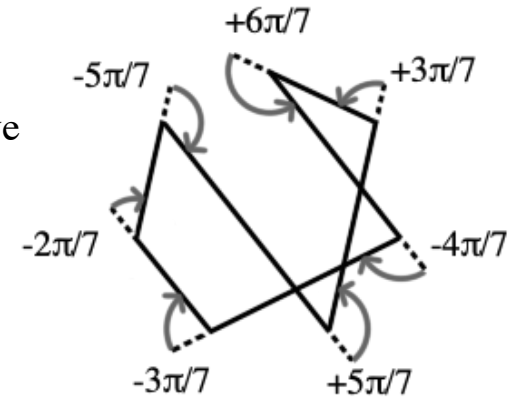
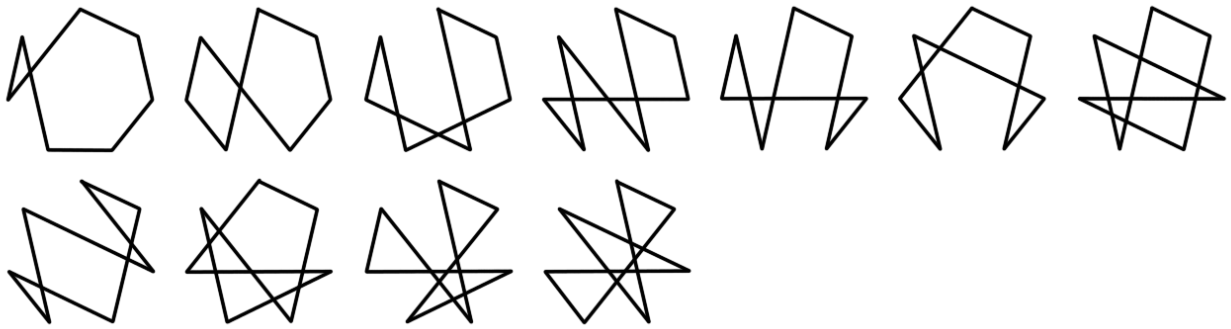
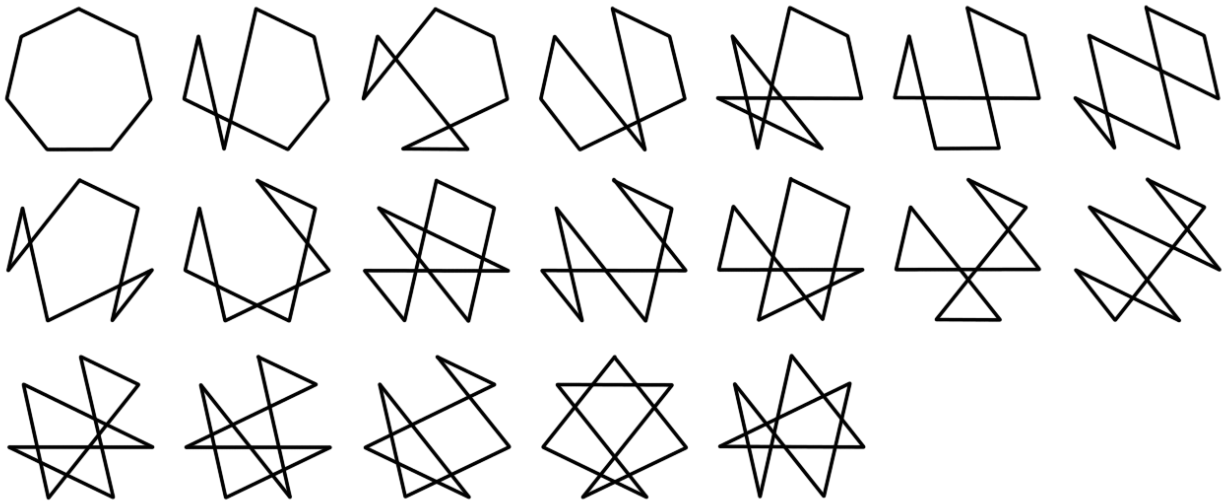
To compute the number of turns, add a negative angle if turning right and a positive angle if turning left.
Then take the absolute value of the sum:
$6\pi/7-4\pi/7-3\pi/7-2\pi/7-5\pi/7+5\pi/7+3\pi/7 = 0$



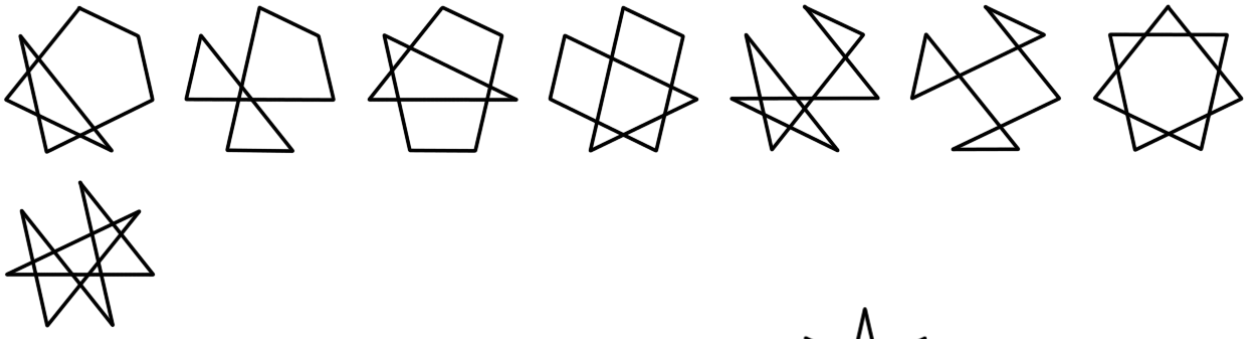
There are 11 essentially distinct polygons corresponding to T(3,0) = 119:



There are 19 essentially distinct polygons corresponding to T(3,1) = 183:



There are 8 essentially distinct polygons corresponding to T(3,2) = 57:



And 1 polygon corresponding to T(3,3) = 1: