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Torus[r_, R_] := Module[{θ, φ},
  ParametricPlot3D[{(R + r Cos[θ]) Cos[φ], (R + r Cos[θ]) Sin[φ], r Sin[θ]},
    {θ, 0, 2 π}, {φ, 0, 2 π}, Boxed → False, Axes → False]
]

Torus[1, 2]

Torus1[r_, α_: 0] := Module[{θ, φ, M, M1, st},
  (* Rotation matrix; rotates the x ,w- plane*)
  M = {{Cos[α], 0, 0, -Sin[α]}, {0, 1, 0, 0}, {0, 0, 1, 0}, {Sin[α], 0, 0, Cos[α]}};

  v = {r Cos[θ], r Sin[θ], r Cos[φ], r Sin[φ]}; (* A vector on the torus in R^4 *)
  M1 = M.v; (* Rotate the points on the torus*)

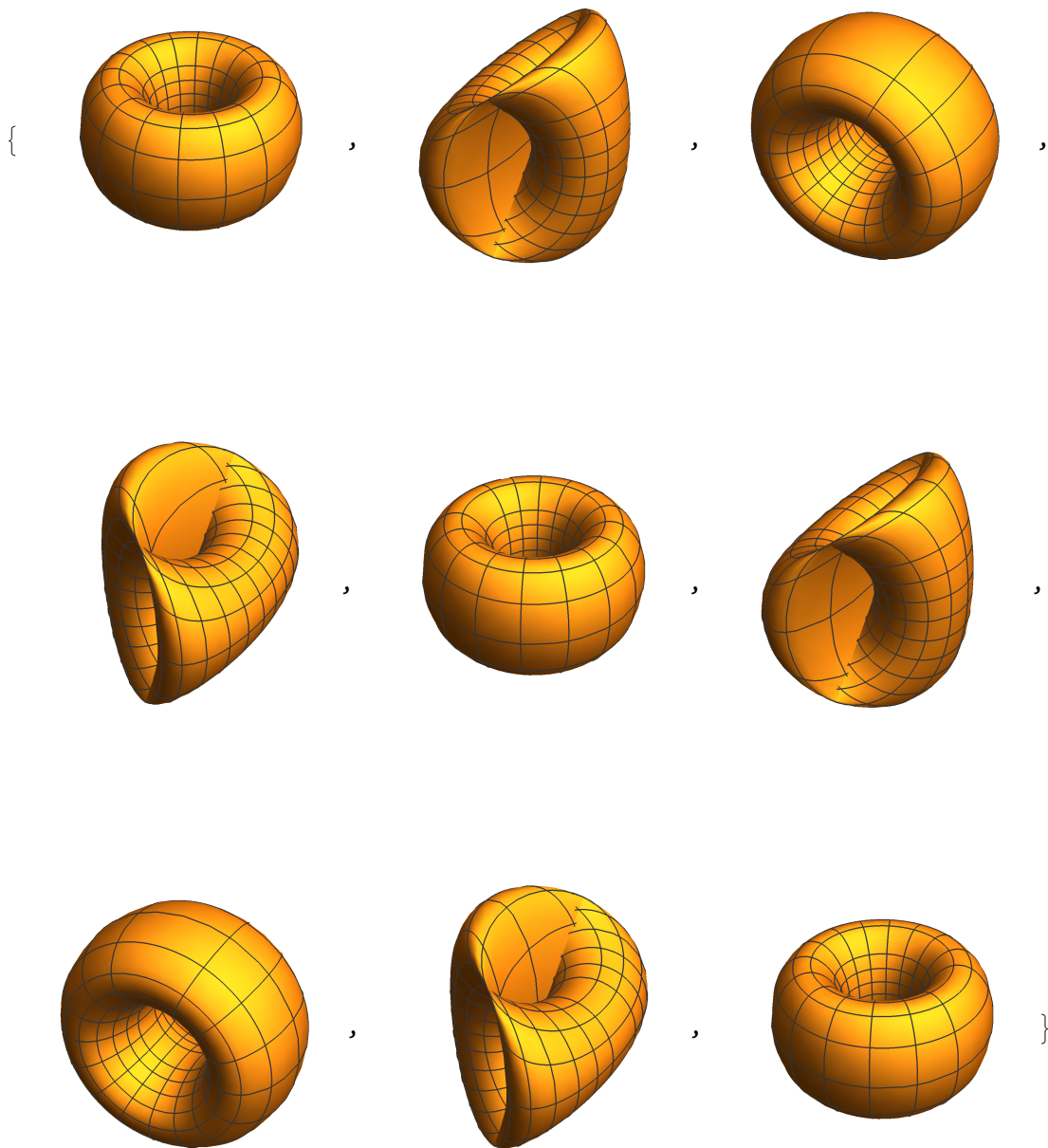
  (* Stereographic projection of the torus onto R^3 using the point (0,0,0,1) *)
  st = {M1[[1]] / (1 - M1[[-1]]), M1[[2]] / (1 - M1[[-1]]), M1[[3]] / (1 - M1[[-1]])};

  ParametricPlot3D[st, {θ, 0, 2 π}, {φ, 0, 2 π}, Boxed → False, Axes → False]
]

Torus1[1/2]

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`Table[Torus1[1/2, rota], {rota, 0, 2π, π/4}]`



`{Manipulate[Torus1[1/2, ra], {ra, 0, 2π}],  
Animate[Torus1[1/2, ra], {ra, 0, 2π, π/60}]}`

`{,`

