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{z, w} = {Exp[I α] Sin[γ], Exp[I β] Cos[γ]};
SterProj[{z_, w_}] :=
Module[{x = Re[z], y = Im[z], u = Re[w], v = Im[w]}, { $\frac{x}{1-v}$ ,  $\frac{y}{1-v}$ ,  $\frac{u}{1-v}$ } // ComplexExpand]
σ[{z_, w_}] := {w, z}

ZW[γ_, α_, β_] := {Exp[I α] Sin[γ], Exp[I β] Cos[γ]}

p = 2;
q = 3;

m = p / q;
m2 = q / p;
f2[x_] :=
Piecewise[
Flatten[Table[{{m (x - 2 π k / p) - π / (2 q), 2 k π / p ≤ x ≤ (2 k + 1) π / p}, {-m (x - 2 π k / p) +
2 π / q - π / (2 q), (2 k + 1) π / p ≤ x ≤ (2 k + 2) π / p}}, {k, 0, p}], {1, 2}]]
g2[x_] :=
Piecewise[Flatten[
Table[{{m2 (x - 2 π k / q) - π / (2 p), 2 k π / q ≤ x ≤ (2 k + 1) π / q}, {-m2 (x - 2 π k / q) +
2 π / p - π / (2 p), (2 k + 1) π / q ≤ x ≤ (2 k + 2) π / q}}, {k, 0, q}], {1, 2}]]

(*fi=FunctionInterpolation[f2[Mod[x,2π]],{x,-4π,4π}];
gi = FunctionInterpolation[g2[Mod[x,2π]],{x,-4π,4π}];*)

fi2 = Interpolation[{{#, f2[Mod[#, 2 π]}} & /@ RandomReal[{-4 π, 4 π}, 1000]];
gi2 = Interpolation[{{#, g2[Mod[#, 2 π]}} & /@ RandomReal[{-4 π, 4 π}, 1000]];

inside = Abs[4 / π γ]^4 gi2[β - t / q] - q / p (t / 3) + 2 π n / p;
outside = Abs[4 / π γ]^4 fi2[β + t / p] + p / q (t / 2) + 2 π n / q;

insidewashers = Table[SterProj@ZW[γ, β - π / (q 2), inside /. t → 3 π / 4], {n, 0, 2}];
insideplot = ParametricPlot3D[insidewashers, {γ, 0, π / 4}, {β, 0, 2 π},
MeshStyle → None, PlotStyle → Blue, Exclusions → None, PlotPoints → 40];

outsidewashers = Table[SterProj@σ@ZW[γ, β - π / (p 2), outside /. t → 3 π / 4], {n, 0, 4}];
outsideplot = ParametricPlot3D[outsidewashers, {γ, 0, π / 4}, {β, 0, 2 π},
MeshStyle → None, PlotStyle → Orange, Exclusions → None, PlotPoints → 30];

torus = ParametricPlot3D[SterProj@ZW[π / 4, α, β],
{α, 0, 2 π}, {β, 0, 2 π}, PlotStyle → Opacity[0.2], MeshStyle → None,
PlotRange → {{-4, 4}, {-4, 4}, {-4, 4}}, Axes → False, Boxed → False];

knot = ParametricPlot3D[RotationTransform[π / q, {0, 0, 1}]@
SterProj@σ@ZW[π / 4, θ, -p / q θ], {θ, 0, q 2 π}, PlotStyle → {Thick, Green}];

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Show[torus, knot, insideplot, outsideplot]