

 $(\sin(\theta)\cos(\phi), \sin(\phi)\sin(\theta), \cos(\theta))$

 $((\sin(5\phi)\sin(10\theta)/10 + 1.5)\sin(\theta)\cos(\phi), (\sin(5\phi)\sin(10\theta)/10 + 1.5)\sin(\phi)\sin(\theta), (\sin(5\phi)\sin(10\theta)/10 + 1.5)\cos(\theta))$

