C: For loops

- Two key parts: running variable and iterable
- Indented sequence of statements follows

Example:

```
list1 = [10, 20, 30]

for n in list1:
    print( n**2)
```

- Running variable is n
- Iterable is `list1`

Equivalent to:

Code	Action
n = list[0]	n is 10
print(n**2)	prints 100
n = list[1]	n is 20
print(n**2)	prints 400
n = list[2]	n is 30
print(n**2)	prints 900

Compact form in *list comprehensions*:

```
squares = [ n**2 for n in list1 ]
```

squares will be: `[ 100, 400, 900 ]`

Detailed example: demo.py in g04