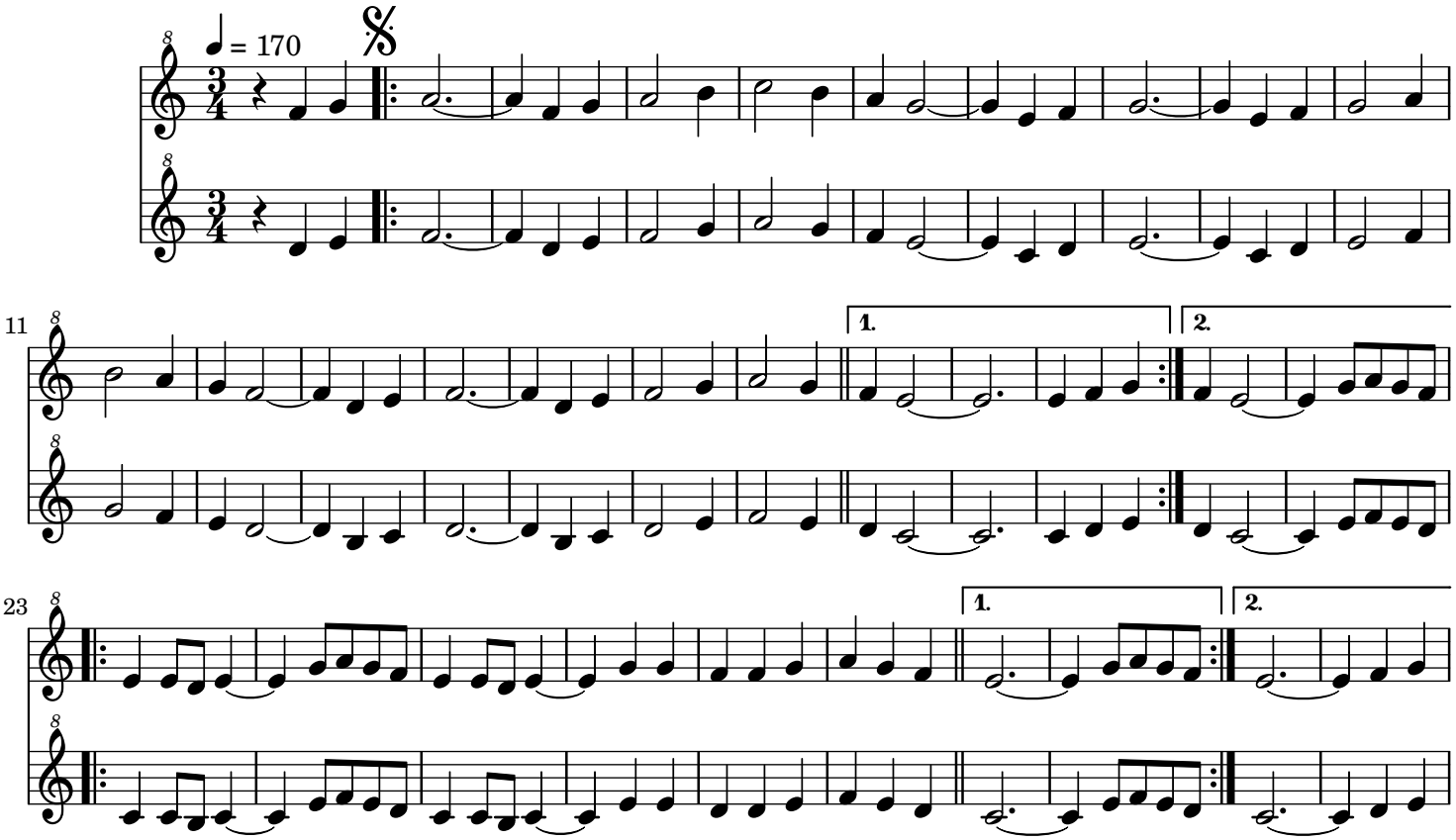Valse do Miro