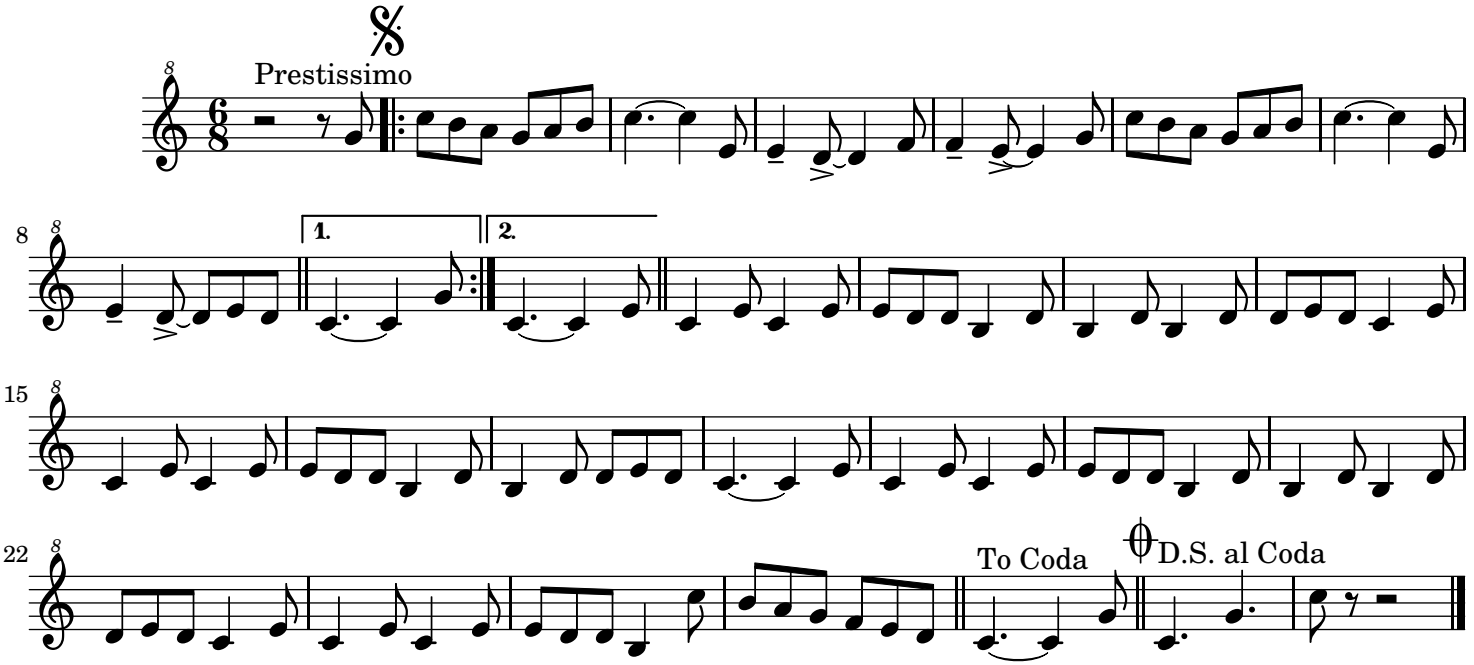Muiñeira de Folgoso