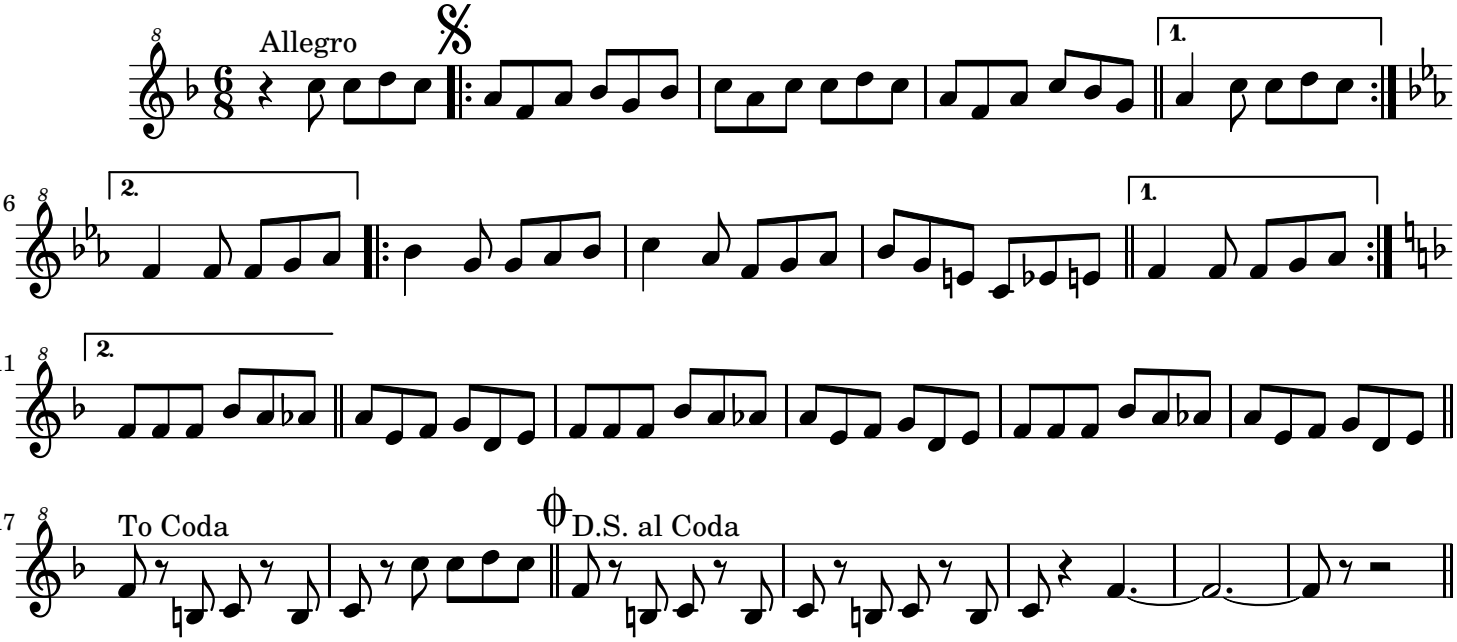Muiñeira de Mazaricos