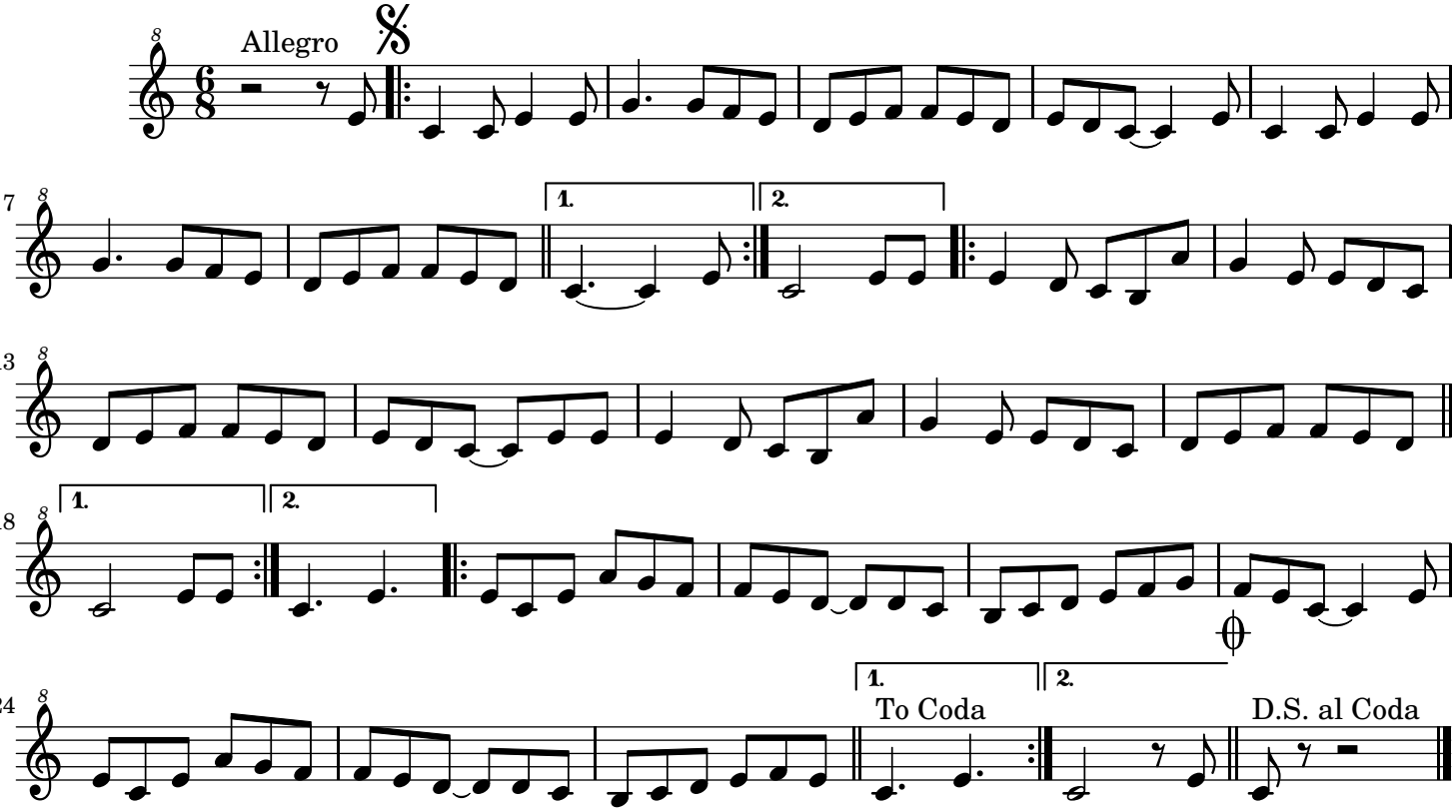Muiñeira de Trasmonte