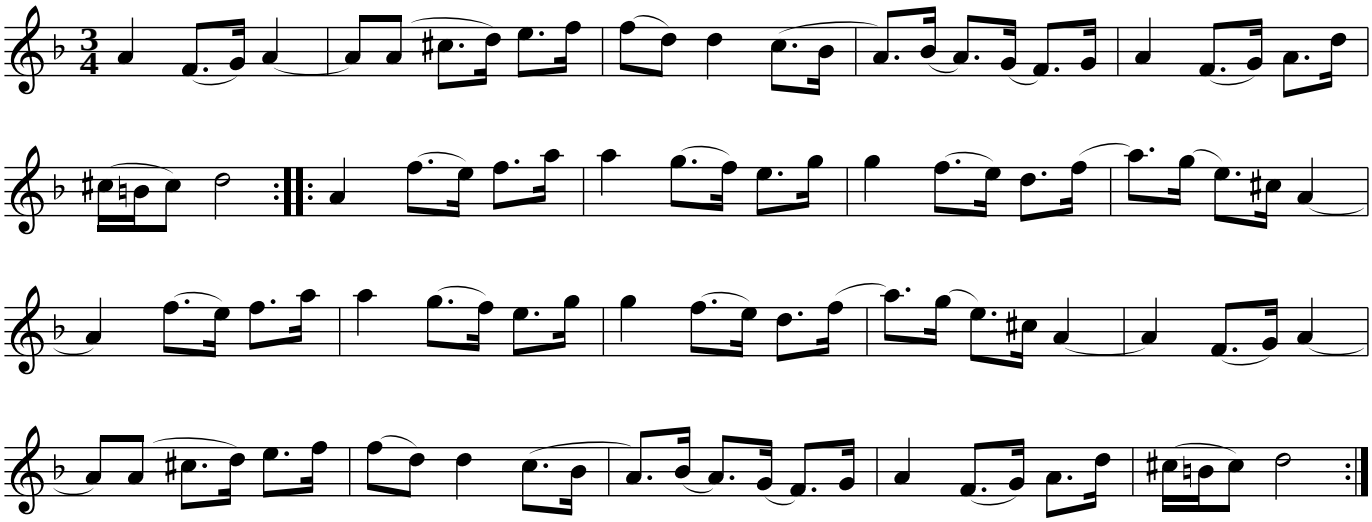Långdans för käringa