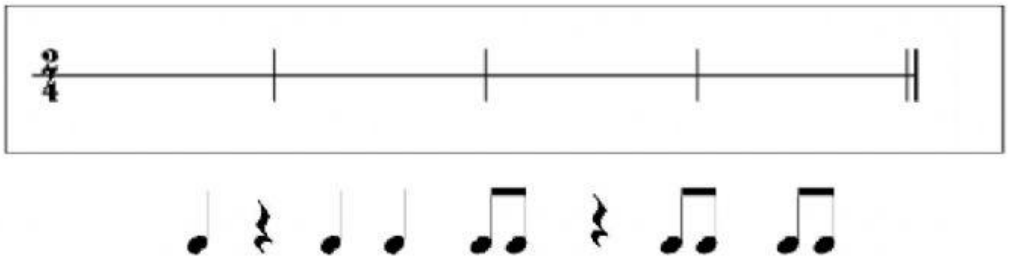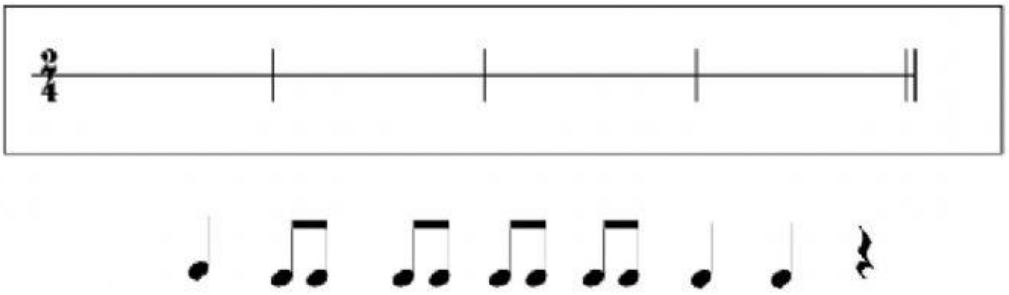DICTATS RÍTMICS