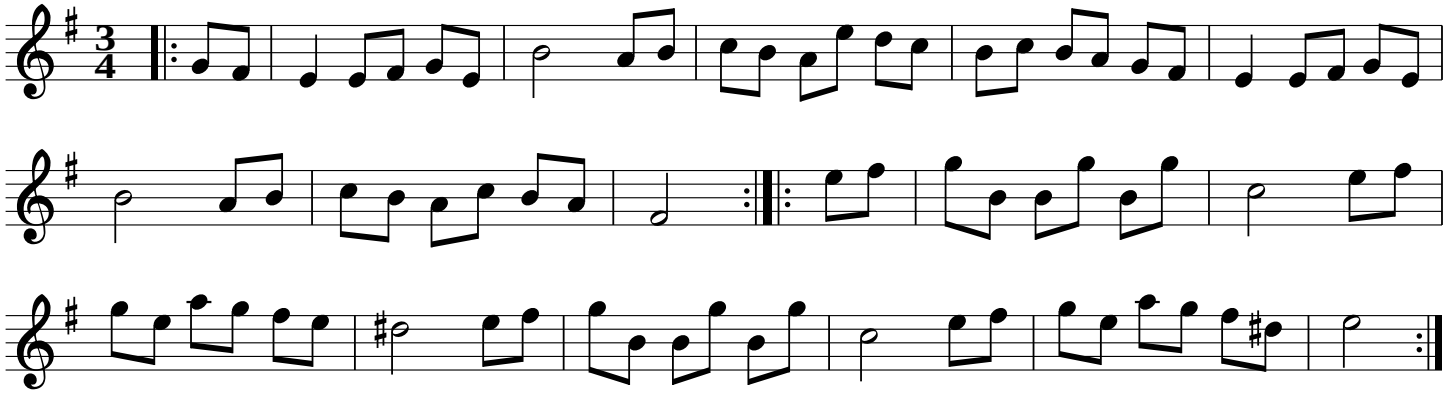Valse à Gwenfol