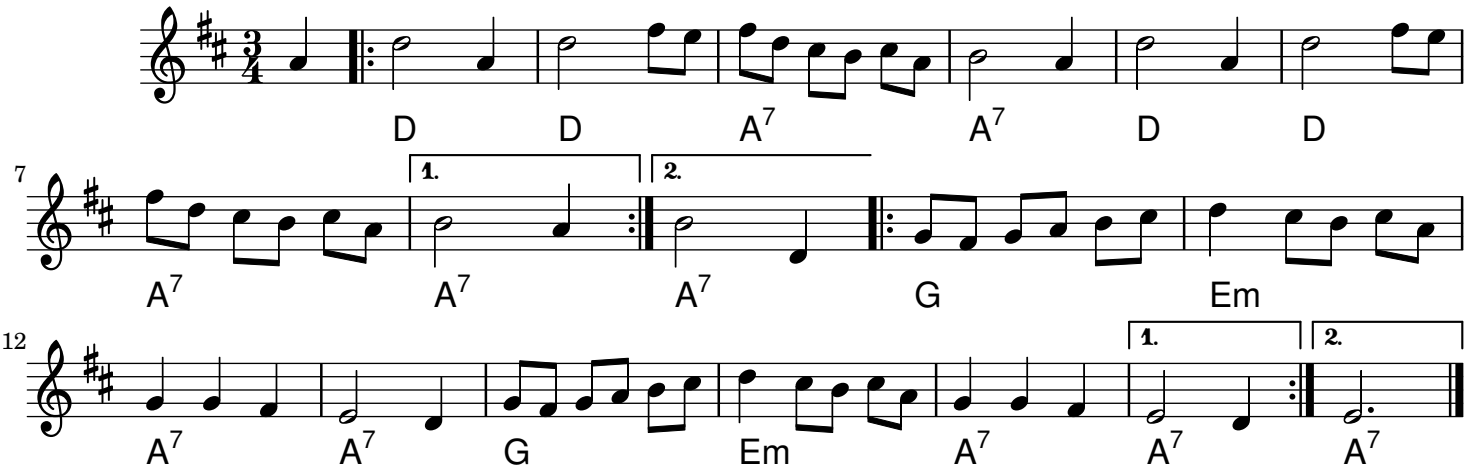Långdans efter Hjort-Anders