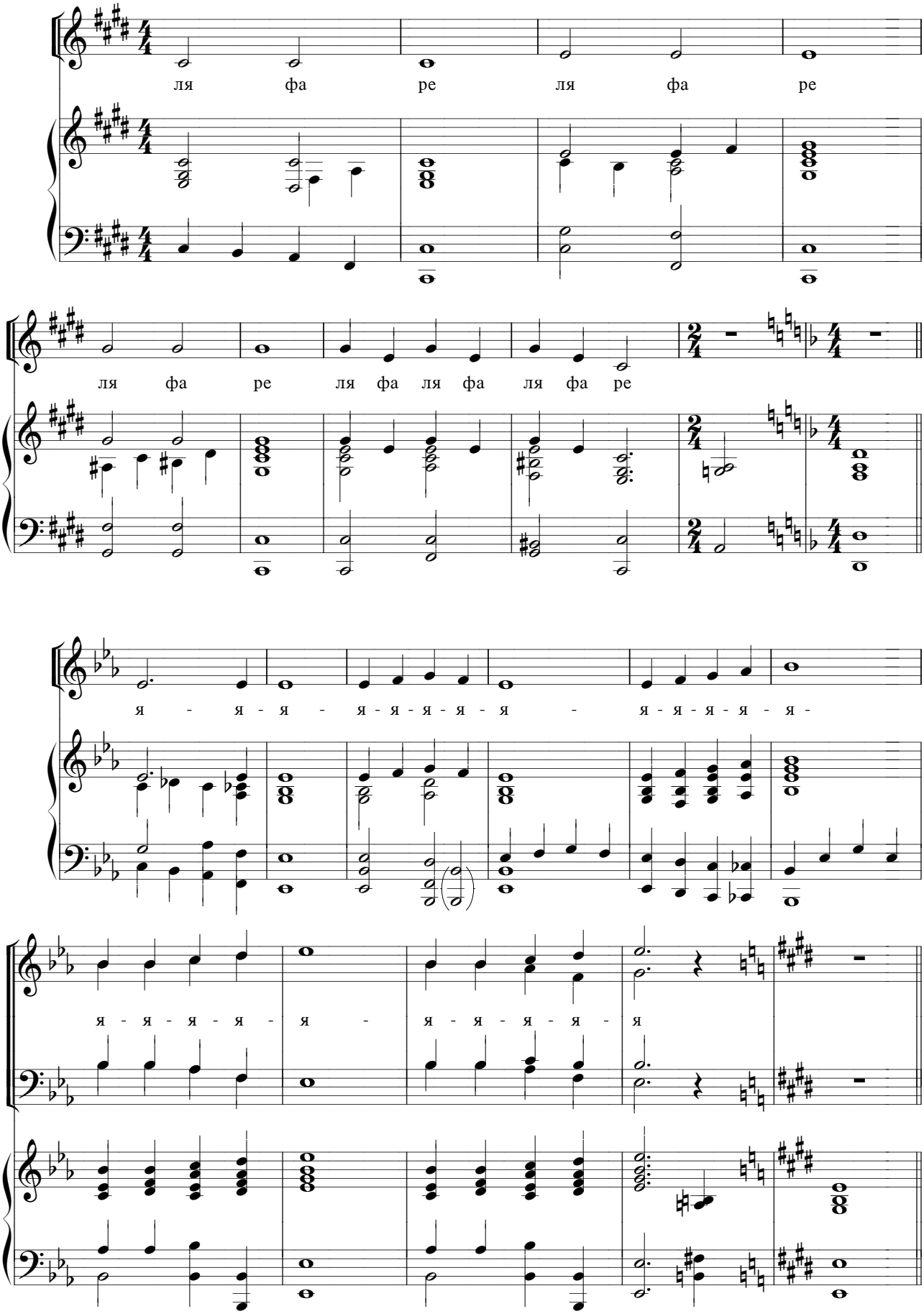Распевка для хора