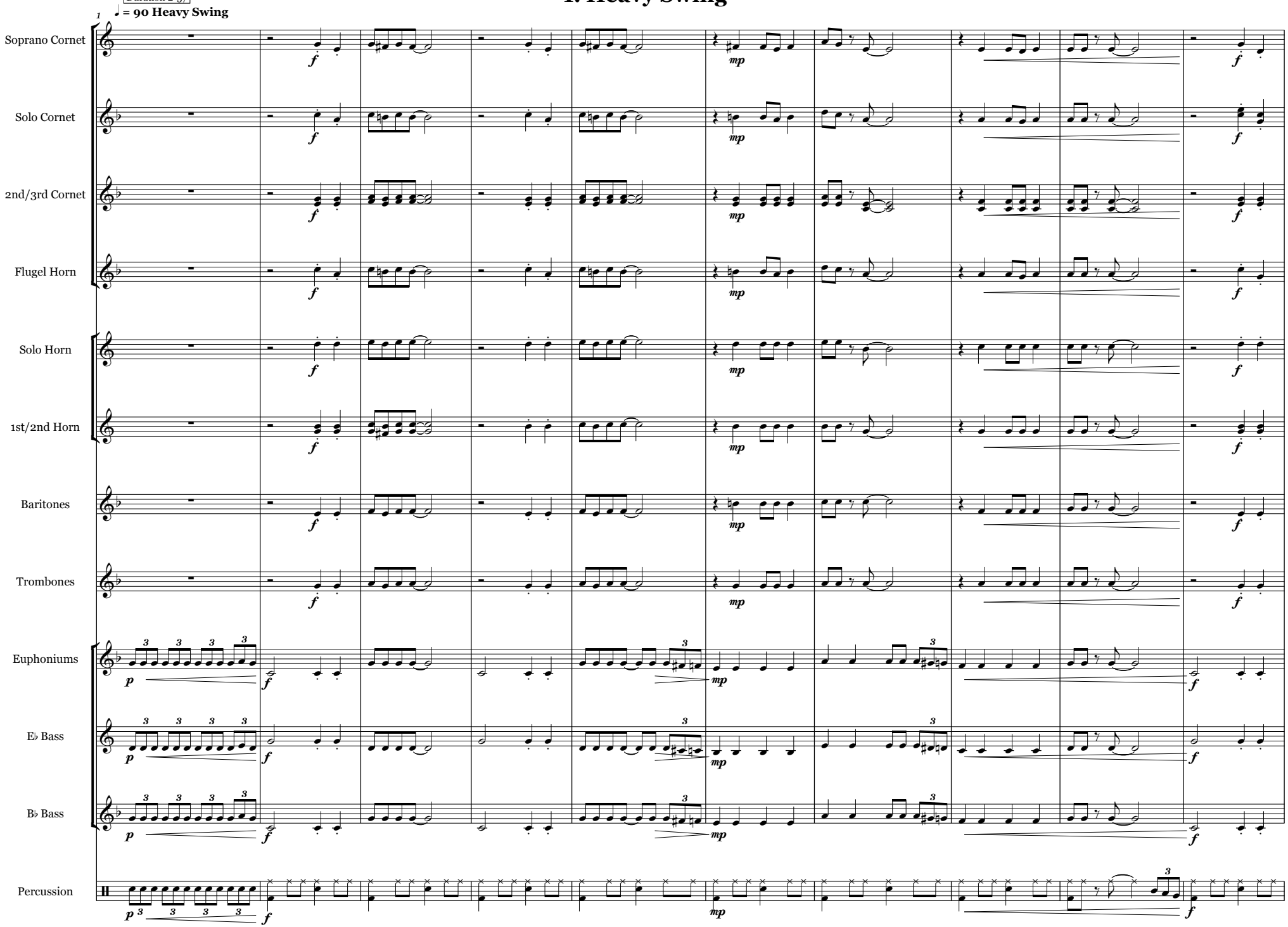1. Heavy Swing