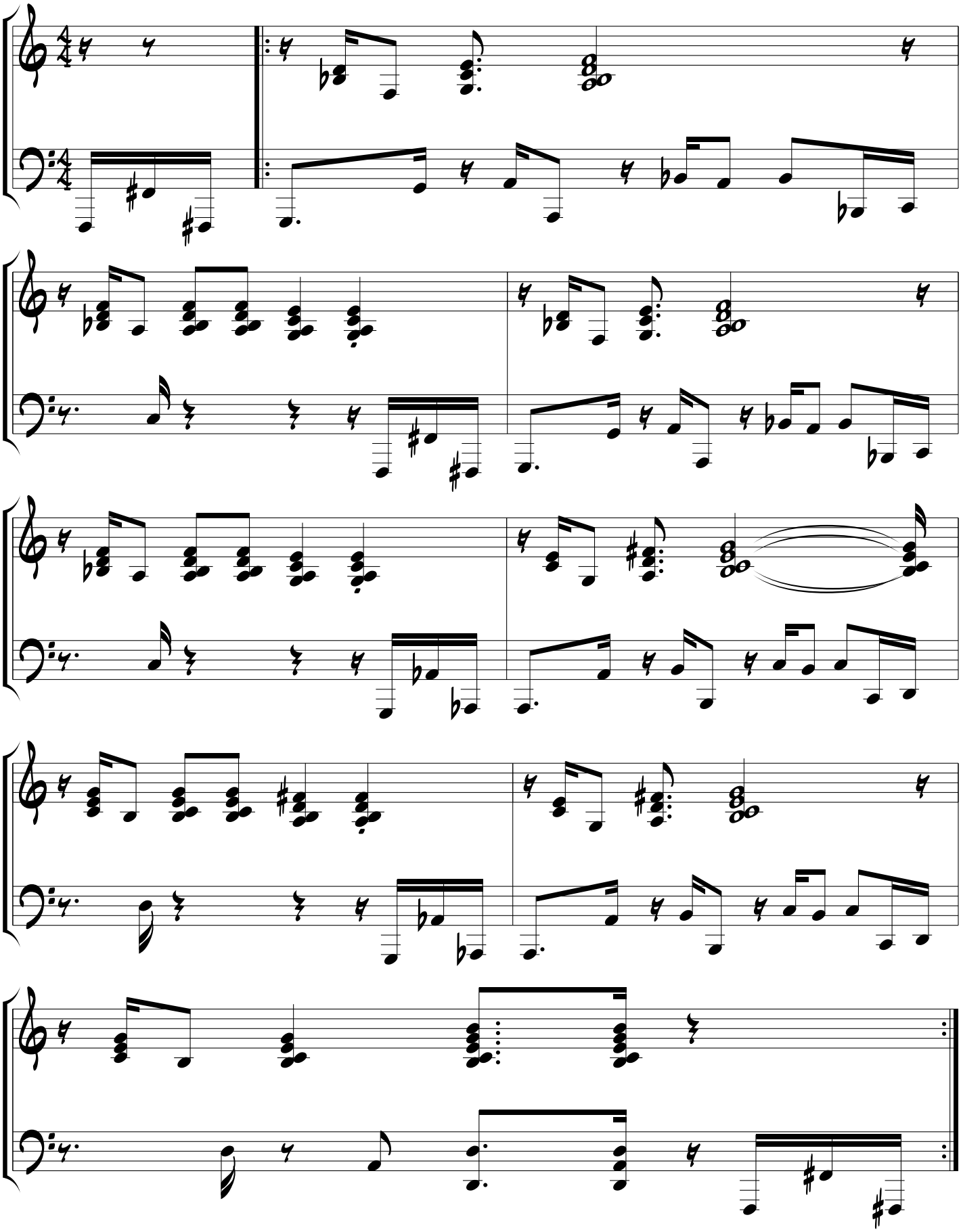Groove-Lektion