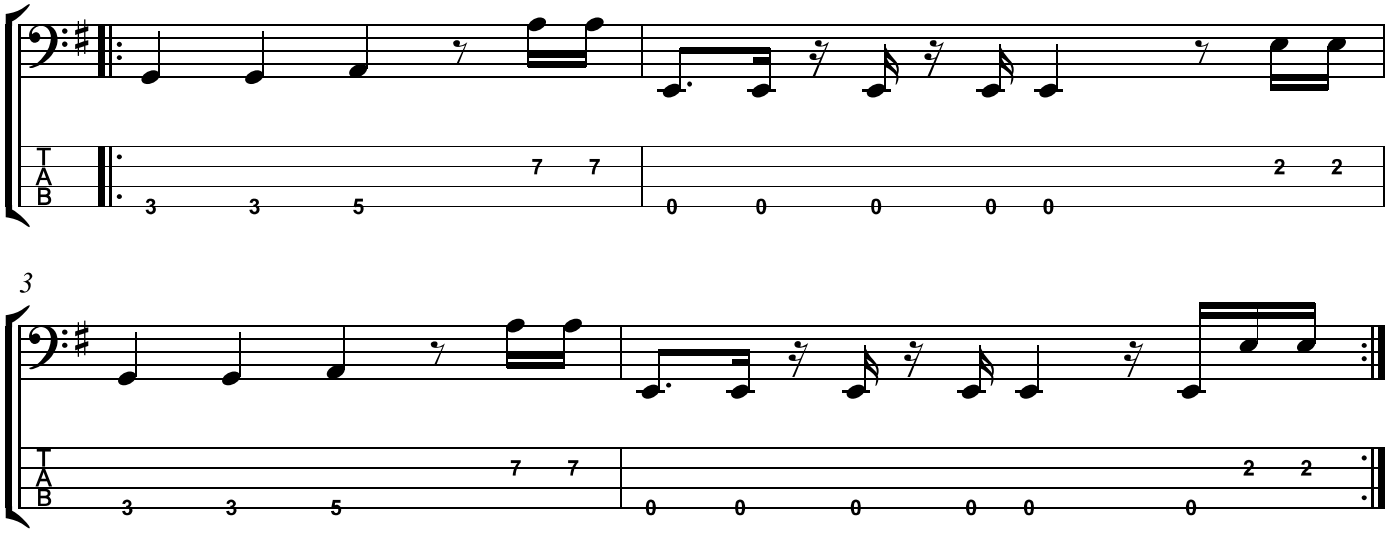Rock Your Body