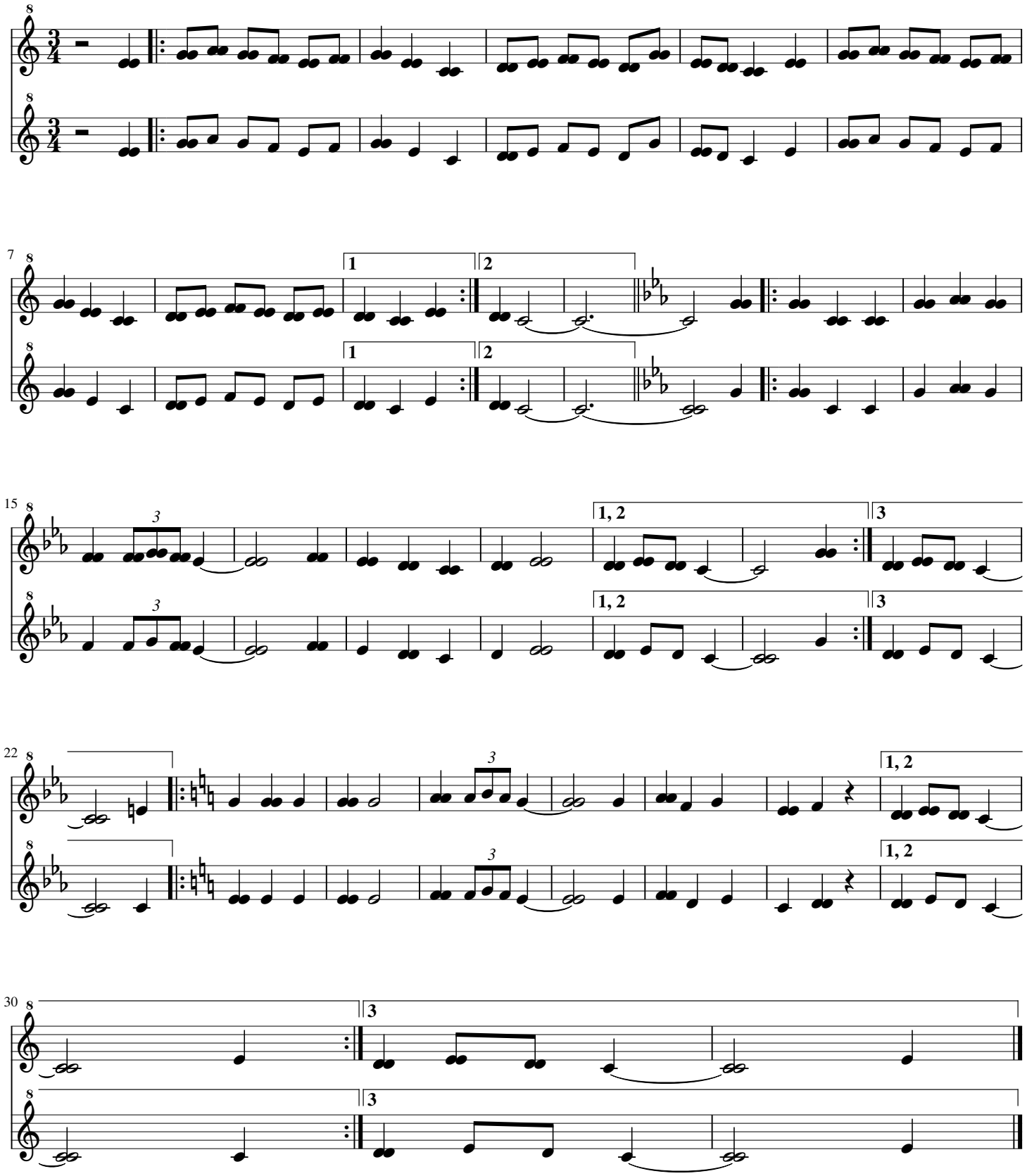Foliada da Cantiga Mareira