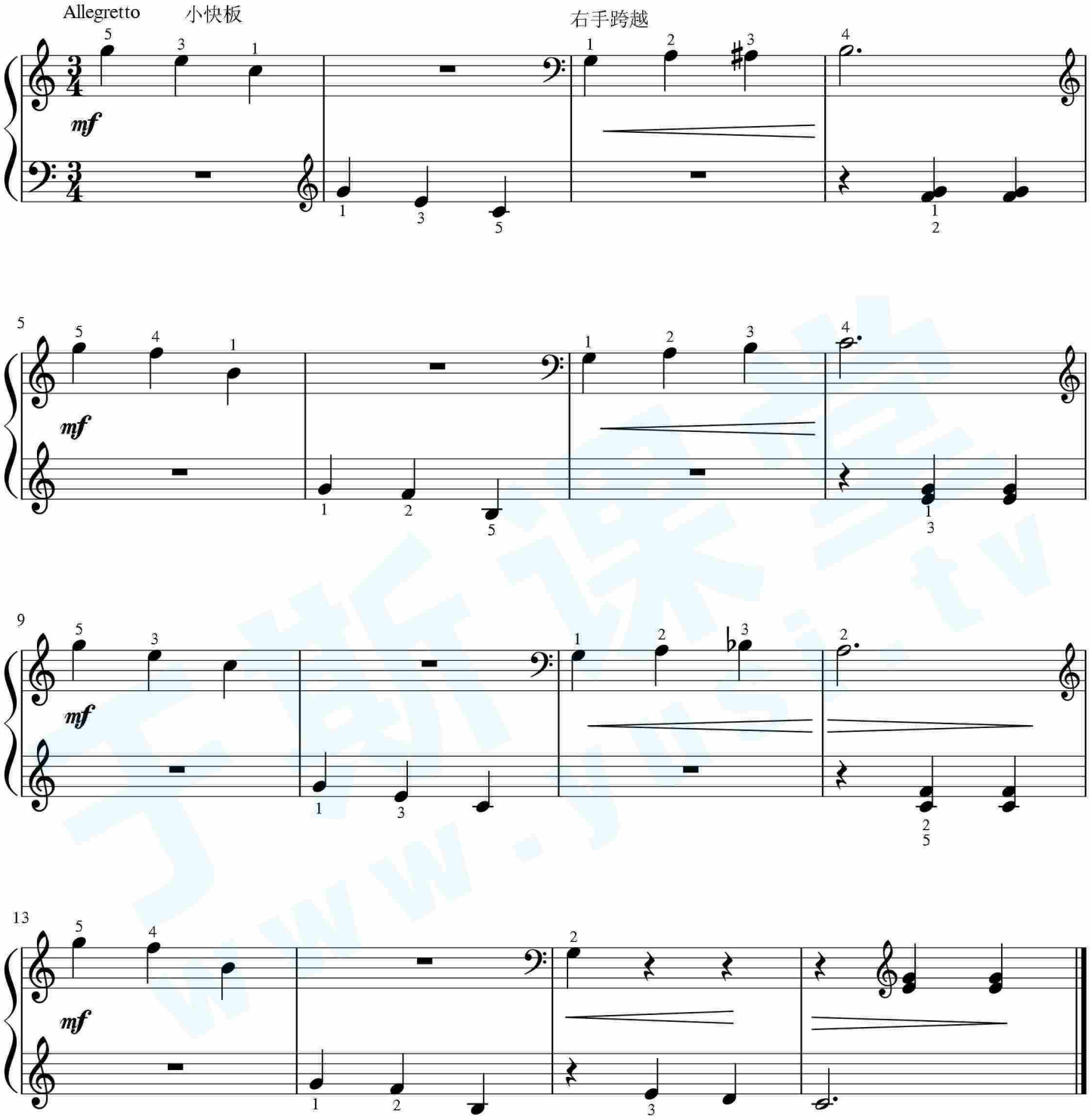双手交叉练习曲