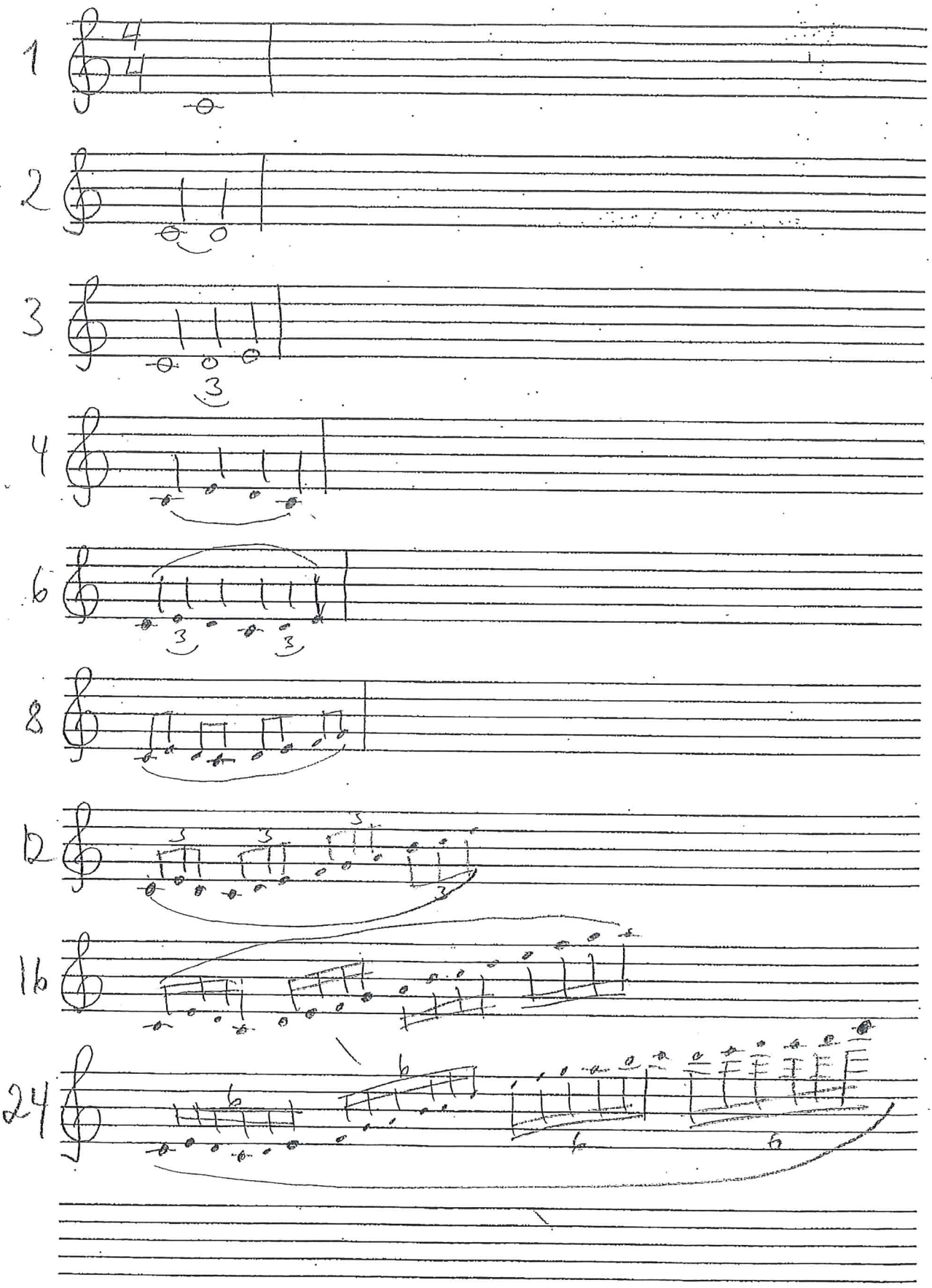RYTMEØVELSER TIL SKALAER. ♩ fra 60 – 120