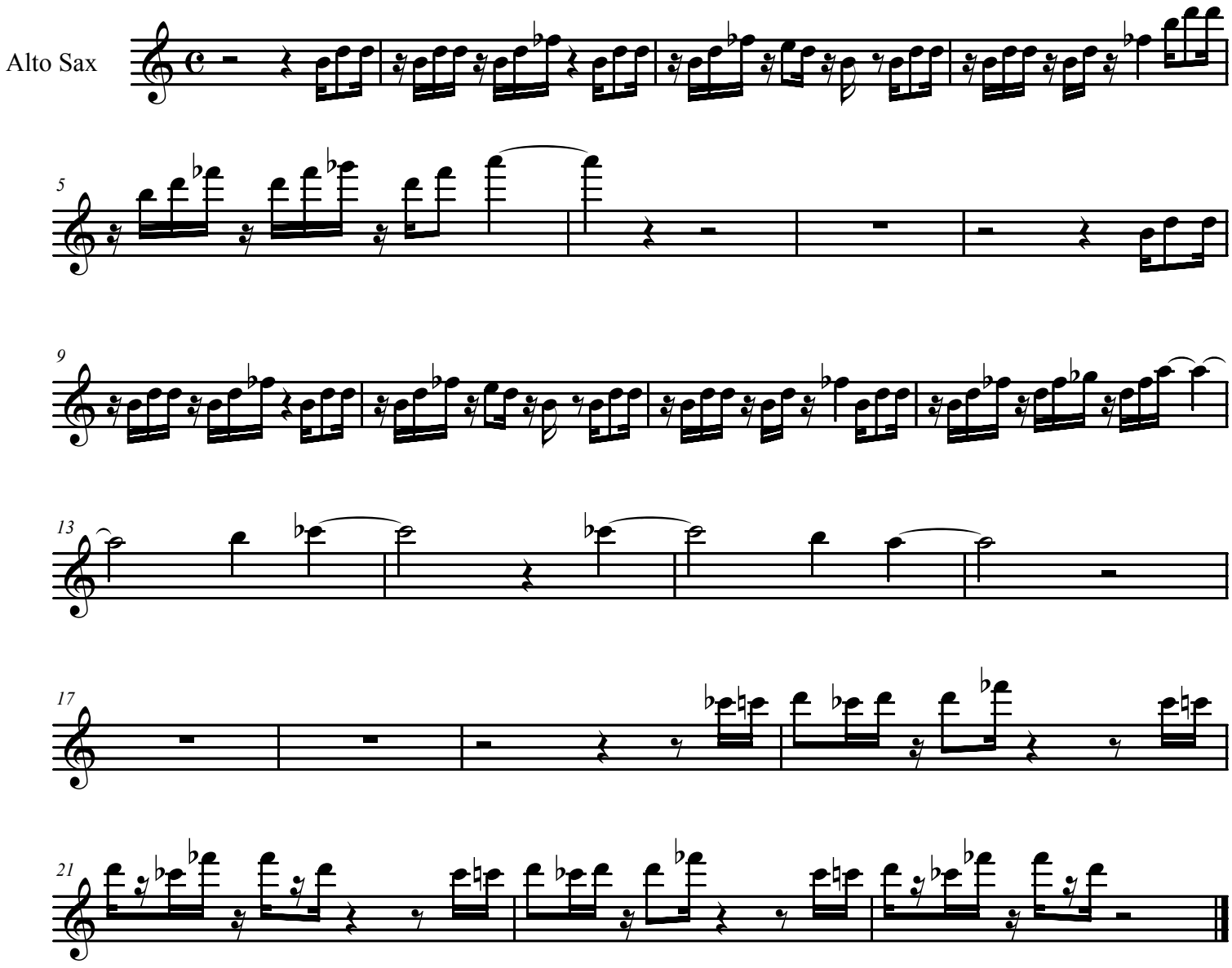Rock Steady