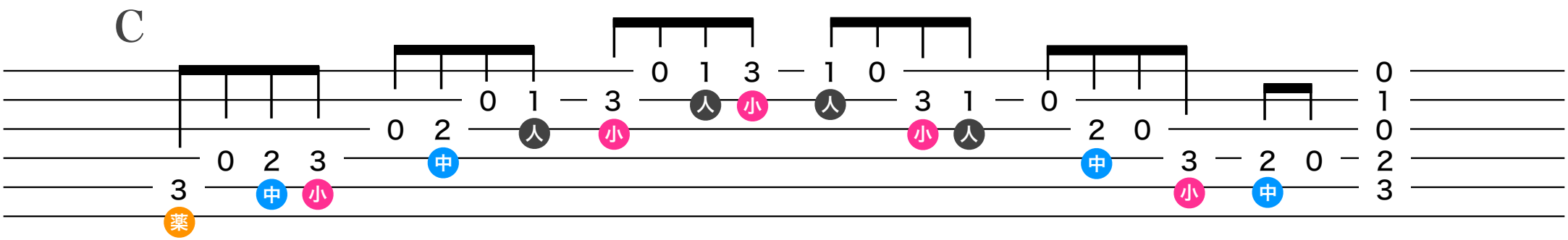指が覚醒するドレミの弾き方