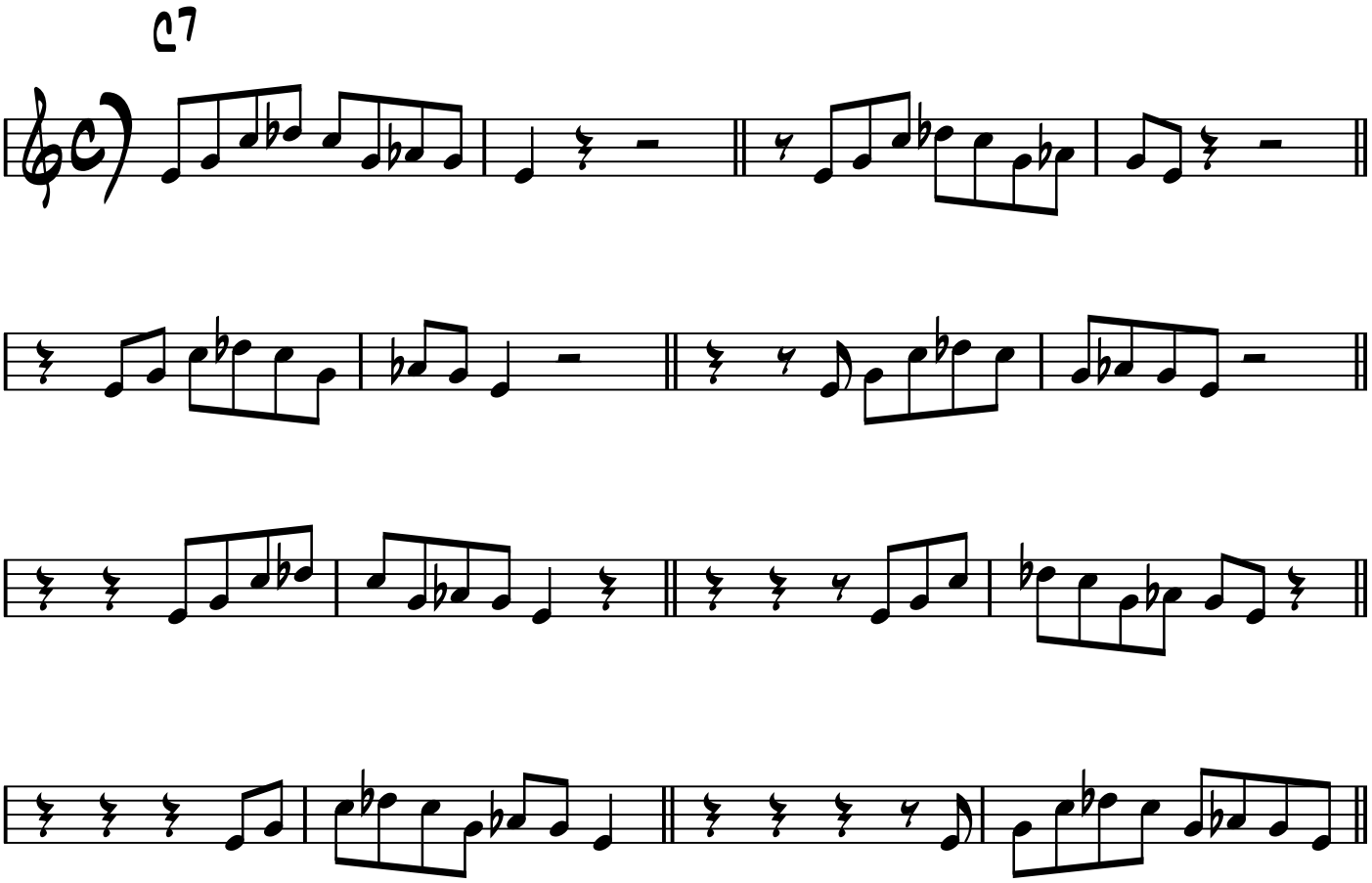Tim: metronome on 'and' of 2 and 4