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32 Count 4 Wall Improver Level Dance.
Choreographed by: Debbie Monahan-Mabbs (UK)
& Lorraine Monahan-Mabbs (UK) Nov 2025
Choreographed to: 30 Minutos by Johnny Sky
Intro: 32 Counts. Start at approx 16 secs.

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SEC 1 SIDE MAMBO, SIDE MAMBO, SIDE, TOGETHER, CHASSE

- 1&2 Rock R to R side, recover weight on L, step R next to L
- 3&4 Rock L to L side, recover weight on R, step L next to R
- 5-6 Step R to R side, step L next to R
- 7&8 Step R to R side, step L next to R, step R to R side

SEC 2 CROSS ROCK, CHASSE ¼, ROCK FWD, COASTER

- 1-2 Cross rock L over R, recover weight on R
- 3&4 Step L to L side, step R next to L, make ¼ turn L stepping forward on L (9:00)
- 5-6 Rock forward on R, recover weight on L
- 7&8 Step back on R, step L next to R, step forward on R

SEC 3 ROCK FWD, SHUFFLE ½, ⅛ STEP, LOCK, STEP LOCK STEP

- 1-2 Rock forward on L, recover weight on R
- 3&4 Make ¼ turn L stepping L to L side, step R next to L, make ¼ turn L stepping forward on L (3:00)
- 5-6 Make ⅛ turn R step forward on R, lock L behind R (4:30)
- 7&8 Staying on diagonal step forward on R, lock L behind R, step forward on R

SEC 4 ½ STEP, LOCK, LOCK STEP, STEP ⅛ WITH HIP ROLL, TOUCH, SIDE WITH HIP ROLL, TOUCH

- 1-2 Make ⅛ turn L step forward on L, make ⅛ turn L lock R behind L (7:30)
- 3&4 Make ⅛ turn L step forward on L, lock R behind L, make ¼ turn L stepping forward on L (10:30)
- 5-6 Step R to R side making ⅛ turn L roll hips anti-clockwise, touch L next to R (9:00)
- 7-8 Step L to L side rolling hips clockwise, touch R next to L



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