30 Minutes

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Debbie Mabbs (UK) & Lorraine Monahan (UK) - November 2025
Music: 30 Minutos - Johnny Sky

Intro: 32 counts (approx. 16s)

S1 [1-8] R Side Mambo, L Side Mambo, Side R, Together, R 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

S2 [9-16] Cross Rock, Recover, L Chasse ¼ L, Rock Fwd, Recover, R 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

(option for counts 7&8: triple full turn R in place stepping R,L,R)

S3 [17-24] Rock Fwd, Recover, L Shuffle ½ L, Diag R, Lock L, Diag R 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	Step diagonally forward R on R (towards 4:30), lock L behind R
7&8	Staying on diagonal step forward on R, lock L behind R (&), step forward on R [4:30]

S4 [25-32] Making ½ Turn L Step L, Lock R, L Lock Step, Step R 1/8 L With Hip Roll, Touch L, Side L With Hip Roll, Touch R

1-2	Starting to make ½ turn L step forward on L, lock R behind L
3&4	Step forward on L, lock R behind L (&), complete the ½ turn L stepping forward on L to face 10:30 [10:30]
5-6	Step R to R side making 1/8 turn L to straighten up to 9:00 and 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

Start Over