Harder equations

Solve $\cos 3x = -\frac{1}{2}$ in the interval $0 \le x \le 360^{\circ}$.

Solve $\sin(2x + 30^\circ) = \frac{1}{\sqrt{2}}$ in the interval $0 \le x \le 360^\circ$.

Solve $\sin x = 2\cos x$ in the interval $0 \le x < 300^{\circ}$

Solve, for $0 \le x < 180^{\circ}$,

$$\cos (3x - 10^{\circ}) = -0.4$$

giving your answers to 1 decimal place. You should show each step in your working.