# Step 1: Create an empty list

my\_list = []

# Step 2: Append elements 10, 20, 30, and 40

my\_list.extend([10, 20, 30, 40])

# Step 3: Insert 15 at the second position (index 1)

my\_list.insert(1, 15)

# Step 4: Extend the list with [50, 60, 70]

my\_list.extend([50, 60, 70])

# Step 5: Remove the last element

my\_list.pop()

# Step 6: Sort the list in ascending order

my\_list.sort()

# Step 7: Find and print the index of the value 30

index\_of\_30 = my\_list.index(30)

print(f"The index of 30 is: {index\_of\_30}")

# Output the final list

print("Final list:", my\_list)