3 **(a)** Express $3\sqrt{2}\sin(x+45°)+\cos x$ in the form $R\cos(x-\alpha)$, where $R > 0$ and $0° < \alpha < 90°$. [4]

(b) Hence solve the equation $3\sqrt{2}\sin(3\theta+45°)+\cos 3\theta = -4$ for $0° < \theta < 180°$. [4]