

# Sability

Count: 32

Wall: 4

Level: Improver/Intermediate

Choreographer: Nanda Muchtar (INA) - August 2024

Music: Sability - Ayra Starr



Start on Vocal

NO TAG NO RESTART

## S1. SYNCOPATED PRESS ROCK - GRAPEVINE R - CUBAN BREAK

- 1-2& Press R Forward, Recover Weight Onto L, Step R Beside L  
3-4& Press L Forward, Recover Weight Onto Right, Step L Beside R  
5&6 Step R To Side, Step L Behind R, Step R To Side  
7&8 Cross L Over R, R Recover, Step L To Side

## S2. SAILOR STEP R-L - BACK PADDLE TURN ½ RIGHT - CLOSE

- 1&2 R Cross Behind L, Step L To Side, Step R To Side  
3&4 L Cross Behind R, Step R To Side, Step L To Side  
5 - 8 Touch R to side , Turn ¼ Right R Touch To Side , Turn ¼ Right Step R To Side, L Close Beside R (6.00)

## S3. CARIOCA RUNS - BALL FORWARD - PIVOT ½ - STEP FORWARD

- 1 a2 Cross R over L, 1/8 turn right step L to left side, Touch R forward ( body angle to right diagonal (07.30)  
a3-a4 ¼ Turn Left Step R beside L (6.00), cross L over R, ¼ Turn Left step R to right side, Touch L forward ( body angle to left diagonal (04.30)  
&5 6 Step L Beside R, Step R Forward, Step L Forward  
7 8 ½ Turn Right R Inplace, Step L Forward (10.30)

## S4 FORWARD SHUFFLE - FORWARD - PIVOT ½ - SAMBA WHISK R - L

- 1&2 Step R Forward, Lock L Behind R, Step R Forward  
3&4 Step L Forward, ½ Turn Right R Inplace, Step L Forward (4.30)  
5 a6 ¼ Turn Left (3.00) Big step R to Side, Step ball of L slightly behind R, Recovered weight on to R  
7 a8 Big step L to side, Step ball of R slightly behind L, Recovered weight on to L

Enjoy the Dance!

Dance with your Soul for Love and World Peace ☐☐☐

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