

# Sability

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver/Intermediate  
編舞者: Nanda Muchtar (INA) - August 2024  
音樂: 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 ☐☐☐  
Email [aldia.nanda@gmail.com](mailto:aldia.nanda@gmail.com)