Consonant Major Slash Chords (and friends): IV - V - I

Key of E

Using IV for V7sus

Key of C

Now transpose all the prior examples on this page into the key of Ab. Try to sense the logic of each example. And the procession from one example to the next. It'll help you to memorize all this stuff if you should care to.
CONSONANT MAJOR SLASH CHORDS: IV V I

Key of E:

Key of C:

Key of Ab:

Now transpose all the prior examples on this page into the key of Ab.

And the tension spread me. I trust next. It feels yet memorable and extremely wide and should set to.