

# For this Moment (Für diesen Moment)

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**Counts:** 32    **Walls:** 4    **Level:** High Beginner  
**Choreographer:** Tom Inge Soenju (NOR) and Manuela Gustavsson (SWE), July 2024                      **Track:** ~3:15 min / 145 bpm  
**Music:** "Für diesen Moment" by Alexander Eder.  
**Availability:** Available on all major music platforms and providers.

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**Note:**  
**Intro:** 32 counts.  
**Sequence:** Repeating sequence.  
**Tag/Restart:** No tags or restarts.  
**End:** Dance as normal until music ends and pose.

- SECTION 1: V-STEP, TOE STRUT x2**  
1-2-3-4                      Step RF fwd to R diagonal, Step LF to L side, Step RF back to centre, Step LF next to RF  
5-6-7-8                      Touch RF fwd, Step R heel down, Touch LF fwd, Step L heel down
- SECTION 2: STEP-POINT x2, 1/4 JAZZ BOX CROSS TURN**  
1-2-3-4                      Step RF fwd, Point LF to L side, Step LF fwd, Point RF to R side  
5-6-7-8                      Cross RF over LF, Step LF back, 1/4 R turn stepping RF to R side, Cross LF over RF
- SECTION 3: (STEP, HOLD, BALL-STEP, TOUCH) x2**  
1-2&3-4                      Step RF to R side, Hold, Step ball of LF next to RF, Step RF to R side, Touch LF next to RF  
5-6&7-8                      Step LF to L side, Hold, Step ball of LF next to L, Step LF to L side, Touch RF next to LF
- SECTION 4: ROCKING CHAIR, STEP, 1/2 L HEEL BOUNCE TURN**  
1-2-3-4                      Rock RF fwd, Recover weight onto LF, Rock RF back, Recover weight onto LF  
5-6-7-8                      Step RF fwd, Make a 1/2 L turn bouncing heels up and down on each count (3 times) (finish with weight on L)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact:

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Abbreviations: min – minutes, bpm – beats per minute, R – right, L – left, F – foot, fwd – forward,