



Old School Jazz Dance meets Old School Hip Hop Dance

Program 2025

In our first festival in southwest Germany we are bringing the Swing and the Hip Hop Dance communities together and are looking forward to have a blast with you and get crazy!

The event focuses on solo dancing but gives you ideas that you can take into partner dancing.

We invite you

- to get to know historical, cultural and musical roots, similarities as well as differences in Swing and Hip Hop
- experience specialties in Hip Hop and Swing Dance
- integrate Hip Hop and Swing moves into your preferred dance style
- to gain more confidence in self expression in dance
- to gain more experience in Jam Circles

More information: <http://www.swinginwiesbaden.de/swingmeetshiphop/>

Friday, September 12th 2025

time	program
8-8.30pm	Check In @ Red Cat, Emmerich-Josef-Str. 13, 55116 Mainz
8.30-9.30pm	Breakdance Taster (Fabio Schmitt)
9.30-11pm	Swing and Hip Hop (DJ Trude)
from 11pm onwards	Hip Hop and more (DJ Panchino Perez) - more info

Saturday, September 13th 2025

Workshop-Day		
time	program	
09.30-10.00 am	arrive and register @ Movimento Tanzstudio, Mombacher Str. 48, 55122 Mainz	
10.00-11.30 am	Group 1 (Room 1) Hip Hop for Swing dancers (Marcus Scherf/Minn Vo)	Group 2 (Room 2) Swing and Hip Hop Moves (Alexandre Mc Cormack)
11.45 am-1.15 pm	Swing and Hip Hop Moves (Alexandre Mc Cormack)	Hip Hop for Swing dancers (Marcus Scherf/Minn Vo)
1.15 pm - 2.30 pm	lunch break @Pizzaboy, Mombacher Str.48, 55112 Mainz	
2.45pm - 3.30pm	Workshop: Jam Circle Culture (Alexandre Mc Cormack)	
3.45pm - 5.15pm	Workshop: Musicality and Self Expression (Alexandre Mc Cormack)	
5.30-7.30 /6 - 8pm	option to eat @El Burro, Dominikanerstraße 2, 55116 Mainz (30 min walking distance/20 min. by bus# 60/63 direction: Weisenau)	
7.30 - 8pm	Arrive @ Party Location Red Cat, Emmerich-Josef-Str. 13,55116 Mainz	
8 - 9 pm	History Talk <ul style="list-style-type: none"> • Alexandre Mc Cormack • Minn Vo • Marcus Scherf • you :) 	
9-11pm	Swing and Hip Hop (DJ Il Bacino)	
11pm-open end	Hip Hop and more (DJ 2small)	

Sunday, September 14th 2025

Free Tea Dance of the Mainz Swing association in a gym close to Mainz central station. Lindy Hop Taster at 2pm, dancing starting at 3pm. More information [here](#)

Workshop Descriptions

Swing and Hip Hop Moves

Hip Hop and Swing moves are partly the same, similar and visibly different but can be integrated well into each dance. In this workshop you learn dance steps from both dances. If wanted with additional information about: What is special about swing music and the culture around it? Which swing dances should you know about?

teacher: Alexandre Mc Cormack
Workshop in English

Hip Hop for Swing Dancers

What should you know about Hip Hop music and the culture around it? Which Hip Hop dances should you know about? You will learn that and some Hip Hop steps and examples of how to include them into your Swing dance.

teachers: Minn Vo and Marcus Scherf
Workshop in German and English

Musicality &Self Expression

In Swing and Hip Hop there is steps that you can learn and practice forever. But only through your interpretation, your style you acquire the step and make it to something special and maybe even new. Learn to listen to the music, express yourself through dancing and therefore have more fun.

teachers: Alexandre Mc Cormack
Workshop in English

Jam Circles

Where are Jam Circles coming from? Which role do they play in Swing and Hip Hop? Which Jam Circles exist in Hip Hop and Swing? How do you start one and are there rules to follow? Alexandre will answer these questions together with you and most importantly: lets you experience how it feels to dance in one yourself.

teachers: Alexandre Mc Cormack
Workshop in English

FAQ

Sleeping The B&B Hotel and the Hotel Moguntia are the cheapest we could find online close to the central station and in the middle of both event sites. Also when we offer the group chat you are welcome to join and ask locals if somebody wants to host

Drinking, eating

- Friday: Around Schillerplatz and Gutenbergplatz you find a lot of options to eat, at Red Cat they do have a popcorn machine-yay!
- Saturday: In the dance studio you can refill your water bottles - so be sure to bring one. Saturday everybody is invited to eat lunch at the Pizzeria downstairs from the dance studio. More information in the E-Mail. In the evening we reserved some tables from 5.30-8pm at the restaurant [El Burro](#), more information in the E-Mail.

Staying fresh The dance studio does not have showers that you can use - maybe you can ask somebody to use their shower at their hotel or home or otherwise get fresh with a towel and soap in the bathrooms.

Parking

- Friday: In the surrounding of the Red Cat there is a few parking garages
- Saturday: Parking around the dance studio Movimento on a saturday is no problem. You can park in the court ("BHG"), on the street and around Mombacher Str. 54 there is some more spaces