

Community Groove

This booklet contains information about workshops and events at Darmstadt Community Groove.

Additional Information: Page 1

Evening Program: Page 2

Classes: Pages 3-5

Extractivities: Pages 6-7

For the schedule and more information about the band, VHS, gwo to <https://swingindarmstadt.de/events/>

Venues

QM

[Alexanderstraße 2, 64283 Darmstadt](#)

Baas Halle (Sportklub Martinsviertel)

[Pankratiusstraße 35, 64289 Darmstadt](#)

Sneak & Shuffle

During the Sneak, the teachers will give you a quick preview of what will be offered in the following 1-2 workshop blocks.

Since we have two venues with multiple rooms, the Shuffle is a buffer slot to give you time to get to the room/venue where you want to be.

Community Lunch

Bring some food from home (or buy some at a cafe/restaurant) and hang out together. There will be time to talk about the vision behind this event and exchange ideas about what to expect in the future.

Evening Classes (included in the Party Pass)

Masterclass with VHS

Time: Friday 19:00-20:30

Location: Baas Halle

Get ready for a dive into the mindsets of Eric Vaughn, Lionel Haas, Charles Sammons, and Ana de Rocha when it comes to their instruments. What sounds can these musicians produce, and what thoughts and emotions do they try to channel through them? How does their playing change when they are alone compared to a group setting - and what about when there are dancers? We will use their input and translate it into flourishes and stylistic choices you can make in your own dance.

Q&A with VHS + Pizza Party

Time: Saturday 19:30-20:30

Location: Baas Halle

Please notify us at check-in whether you would like to join in the collective pizza party for 5€. We will order pizza for everyone (including vegetarian and vegan options).

Apart from that, think about what questions you have always wanted to ask musicians. If you have none, no worries. The band will have no difficulty with filling the silence with life stories and musical anecdotes.

Parties

Friday & Saturday with VHS ft. Ana de Rocha Gaspar

Time: Friday & Saturday 20:30 - 23:30

Location: Baas Halle

Parties with live music from our amazing band VHS. Saturday, depending on the mood, we might go overtime!

Sunday Party

Time: 18:30-21:00

Location: Baas Halle

Relaxed after-party with the DJs from the workshop. Hang out with us and close the weekend together.

Workshops

Beginner Track - Fabian, Fabiola, Laura, Matthias, Betina & Stuart

Time: Saturday 11:00-12:30 & 14:30 -16:00; Sunday 11:00-12:30 & 14:30 -16:00

Location: QM

If you are new to Swing and Lindy Hop, this is your place. You will learn how to groove and some basic steps! Drop-in for each session is possible!

Foxtrot for Swingdancers - Sandra & Louise

Time: Saturday 11:00-12:30

Location: QM

Do you love trying out different dances? Are some songs too fast for Lindy or Shag, or do you just feel like moving across the dance floor in a more relaxed and spacious way? Then you're in the right place!

In this taster class, we'll explore a loose, social-friendly foxtrot – inspired by the early swing and jazz era, when packed dance floors called for elegantly gliding between the more stationary couples around you. Our focus isn't on ballroom definitions or perfect technique, but above all on rhythm, flow, musicality, and dancing together.

We'll start easy with simple foundational ideas, open position, turns, and moving through the room. Time permitting, we'll also throw in some small transitions or inspiration from Charleston or Collegiate Shag. Musically, we'll experiment with jazz and more contemporary music – as long as it's fun, we're happy.

As always, you don't need a fixed partner – we rotate, and role choice is free.

This class is especially suited for people who already have some experience with groove walks, Charleston, or Collegiate Shag.

Solo Jazz Sequence "Fast RnB" - Stuart

Time: Saturday 11:00-12:30

Location: Baas Halle

The session will appeal to beginners and beyond by first introducing basic solo jazz repertoire and then combining some moves into a short choreo to a fast tempo blues tune by alto saxophonist Hank Crawford from Memphis, known for his R&B, Hard Bop, Soul-, Funk- und Fusion-Jazz styles.

Feel the Jazz - Musicality through Roots - Kathi feat. Rosa

Time: Saturday 14:30-16:00

Location: QM

You'd like to take time to understand and feel the music to improve your dancing? You want to be more conscious about the historical background of Swing music and dance? Or you

simply want to relax a little while learning something new? This is a workshop where you will not need to move too much, but rather think, absorb and talk 😊
We will explore the rich cultural and historical backgrounds of the early jazz music and dance through different ways like a Quiz, stories and reading of lyrics. In the end you will discover how that knowledge improves your musicality and dancing.

Cubop Dancing: Jazz Meets Cuba - Simone & Oskay

Time: Saturday 14:30-16:00

Location: QM

What do Swing and Salsa dancing have in common? More than you may think! They might at first look like very different dances, but Jazz and Cuban music and dance actually share common roots and have a rich history in influencing each other's cultures.

Just look at the Savoy Ballroom, where Mambo (a crucial "ingredient" of Salsa) was one of the hottest dances of the 1940s, right alongside the Lindy Hop, Collegiate Shag, and ballroom dances like the Foxtrot. At the same time, bebop jazz was picking up steam. So what happens when you combine Cuban music and bebop? Then you get Cuban bebop. Or you could say: Cubop.

In this session Oskay (Lindy teacher learning Cuban Salsa) and Simone (Cuban Salsa teacher learning Lindy) will try to bring these worlds closer together: we will dive a bit into the origins of Cubop and explore ways to add a pinch of Latin vibes into your dance. You don't need any experience in Salsa, but knowing some basic patterns and steps in Swing Dancing will surely be helpful.

DJ Tracks 1&2 - Joel & Oskay

Time: Saturday 16:15-17:45

Location: QM

Important: please bring your laptop/tablet and headphones of choice.

You're new to deejaying and want to exchange ideas about music, technical equipment, or how to handle the crowd? Or perhaps you've never deejayed, but want to try it out? Then you're in the right place! We, Joel&Oskay (aka DJs Jobim&Ozwaldo), will guide this session, starting with some general basics of playing for dancers in Session 1. We will also look at musical genres, with which we'll help you shape a set in Session 2 that you can - but don't have to - share during the tea dance on Sunday. In proper Community Groove spirit, this will be a space for active participation where you can ask questions and prompt friendly discussions. We're looking forward to learning from you just as much as we hope that you'll learn something from us, too.

Solo Blues Choreo - Laura & Myra

Time: Saturday 16:15-17:45

Location: QM

Join us for a fun solo blues class set to the classic sound of Jimmy Reed's Baby What You Want Me to Do. Together we'll explore iconic blues moves — fish tails, four corners, hip rolls, and expressive full-body movement — and bring them together into one short combo. The music is playful and full of character, and so will be the dancing! You'll discover new ways to move your body and connect with the blues style. Beginners are very welcome — any dance experience is a nice bonus, but all you need is the desire to move and enjoy the blues music.

Blues is a slow, powerful, and sensual dance. In this session you will learn a flowy musical choreo with a lot of basic solo Blues moves. Open for all levels and experience.

Slow Bal - Lisa & Vivienne

Time: Sunday 11:00-12:30

Location: QM

Slow Bal ist einer der intimeren Tänze in der Swing-Welt — ein Partner-Tanz in enger Tanzhaltung, bei dem jede Note der Musik ihren Weg in deine Bewegung findet. In diesem Anfängerkurs lernst du die grundlegenden Schritte und die Verbindung des Slow Bals. Wenn du bereits etwas Erfahrung mitbringst, sorgen wir dafür, dass auch ein paar neue Moves für dich dabei sind.

Keine Vorerfahrung nötig. Egal ob du ganz neu im Paartanz bist oder aus einem anderen Swing-Stil kommst — es ist was für dich dabei..

Leveling your Connection - Pia & Florian

Time: Sunday 14:30-16:00

Location: QM

Explore different levels of connection - driven by the interaction of our bodies, we will dive into a deeper understanding of frame and energy.

We will establish a common and basic understanding of different concepts and try to clear up the buzzword-jungle. Enjoy this class to the grooves of Coleman Hawkins, paired with some insights to his work.

Improvisation (the “yes and” attitude) - Jasmin

Time: Sunday 14:30-16:00

Location: Baas Halle

Improv theatre has a simple rule: accept what's given and build on it. In this session we'll play a handful of classic improv games that put that principle to the test – no dancing, just people, instincts, and whatever unfolds.

We'll work on staying open, going with unexpected moments, and not taking our own mistakes too seriously. Expect some chaos, some laughter, and a surprisingly good time.

No experience needed.

Jukin' Blues - Betina & Stuart

Time: Sunday 16:15-17:45

Location: QM

Isolations, Hip Movement & playfulness. Jukin' Blues dances could be described as informal social dances done to local Blues music and without a lot of traveling around the floor. We will give an introduction to a few movement ideas.

Extractivities

Community Mobilization/Repose - Paula (QM)

Time: Saturday/Sunday 10:00-10:30/18:00-18:30

Location: QM

Let's bring your body ready to dance all day long and then unwind again after a whole day of workshops. Paula will guide you through gentle movements and other body exercises to give your body some love.

Community Lunch - Everybody

Time: Saturday/Sunday 12:30-14:00

Location: QM

The whole community can eat together. Drinks are available at the adjacent Café at the QM at very affordable prices. We will provide a selection of snacks and fruits available for a small price. But we encourage you to bring some food and share it with everybody else.

Repair Café - Vannesa

Time: Saturday/Sunday 12:30-14:00

Location: QM

Got a missing button on your favourite blouse? Or maybe you've ripped a seam while dancing?

Whilst relaxing the sore feet and letting the legs rest for maximum dance capacity in the evening, we'll sit together to tackle the way to long ignored "I'll fix this some day"- repair pile you probably have at home - I surely do. Don't have anything to repair - your welcome to join with a crafty sewing, knitting or other project!

Some basic sewing supplies (scissors, thread, needles, buttons, ...) as well as some sewing experience for advise will be supplied, but feel free to bring everything you need and or things that could get handy for others to borrow or exchange.

Secondhand Clothing Sale - Angelika

Time: Saturday/Sunday 12:30-14:00 (and also during the whole rest of the day)

Location: QM

Bring your old (dancing) clothes and exchange them or sell them to your fellow dancing friends.

Community social with beginner-friendly tap jam - Angelika

Time: Saturday/Sunday 16:15-18:00

Location: QM

You've never been to a tap jam? No problem - your feet and some joy of playing with rhythms are all you need!

We will start with a few easy basic steps, so everyone can contribute something. You're already an experienced tapper or just a playful soul? Feel free to add your spice to the jam and inspire us! Don't worry, it doesn't take much to create some fantastic rhythms together.

There will also be opportunity to just social dance!

On Sunday: There will be cake. Please contribute if you can :)

Flower up your dancing - Maiwenn

Time: Sunday 12:30-14:00

Location: QM

Make your own bloomy accessory (wreath, bracelet, buttonhole) out of paper flowers to brighten up your dance outfit. Maiwenn is a professional florist and will provide materials and guidance so you can look fancy at your next swing party!