SPOTLIGHT



MICHAEL SHEITZBACH & KEVIN SCHEITZBACH

FLOW XS

Michael (Hydroflow) and Kevin (Kid XS) are the duo "Flow XS".

These brothers are professional dancers and choreographers from Toronto, Canada. While they have trained in various genres of dance, foundation, and freestyle, they focus mainly on commercial dance, jazz funk, and hip hop.

They can be seen on Disney's Zombies, The Next Step, Make it Pop, Backstage, Rookie Blue, RocKids TV, several industrials/commercials, and music videos for Imagine Dragons, Chonique Sneed, Tauren Wells, Priyanka, and Julius Wilson and have performed on stage at We Day with Austin Mahone, live on the Oscars (Encanto) and the MMVAs with Avril Lavigne.

In 2023 Kevin began touring with Grammy-award-winning artist Taylor Swift whose "Eras" tour has already proven to be one of the largest and most important tours of our lifetime. Meanwhile, Michael was in Meghan Trainor's music video titled "Mother". He performed as one of two male leads. He even lifted Kris Jenner on his shoulders! The video has gained over 16M YouTube views. Recently he had the opportunity to perform with Mariah Carey at Lovers & Friends in Las Vegas.

Michael and Kevin were dance captains for The Vibe Xclusive (George Jones Jr.), members of E3 Montreal (Giulia Tripoli) and Monsters of Hip Hop Show Cast (Driven, 2016). They assist many choreographers at Monsters of Hip Hop Conventions (Brian Nicholson, etc.), Jump Dance Conventions and Dancerpalooza (Nika Kljun). They have performed and choreographed at Toronto Choreographer's Ball, Fever after Dark, Club Jete and Choreographer's Carnival New York and Los Angeles. Both are members of Canadian Alliance of Dance Artists, Actra, Dance Ontario and Professional Adjudicator's Alliance.

Individually and together, they have won several awards and scholarships at numerous dance conventions, Manifesto Toronto's "Up Next Dancer Under 18" award (2013 and 2012), Nex-us proteges (2019) and were the featured cover story of Canada's National Just Dance magazine, Summer 2017 edition. They represented Team Canada at the IDO Hip Hop Championships in Germany (2019) proudly accepting their medal for Canada on the podium. In 2021, FlowXS won the IDO Continent vs Continent Online Adult/Duo Urban/Street Category.



MICHAEL "HYDROFLOW



KEVIN "KID XS"

Currently, they reside and work in North Hollywood, California, guest choreograph, teach workshops and classes at various studios in Canada and the US, and have taught at Millennium Dance Complex centres in Los Angeles, Toronto, and Germany.

FLOW XS MICHAEL "HYDROFLOW" KEVIN "KID XS"



















in the video "Mother"

KEVIN "KID XS" w/Taylor Swift in the "Eras" tour

SPOTLIGHT FLOW XS



2019 WORLD HIP HOP CHAMPIONSHIPS BREMERHAVEN, GERMANY w/choreographer Leon Blackwood and teammates Sabrina & Selena

