

Filming the source footage

You need 2 source files:

- 1) Start with an empty frame. Leave it empty for 5 seconds. Walk across the screen from left to right and exit the frame.
Call it **my name_walking**
- 2) Without moving the tripod or camera head, film yourself walking around yourself. Move slowly. Look at yourself with scorn and derision, and walk out of the frame.
Call it **my name_looking at me**

After Effects

- Import your files into After Effects
 - Create your composition. (Drag onto the composition button.)
 - Go to the menu and select, **Composition > Composition Settings**
 - Add extra time to the composition, say 45 seconds.
 - Change the background colour to **Red**
 - Bring in the clip, **my name_looking at me**
 - Go to the menu and select **View > Rulers**
 - Scrub to the point where it looks like you are checking yourself out (It should be close to the centre of the frame.)
 - Drag a guideline to the left and right of that spot
 - Take the clip of **my name_looking at me** and move it to the right on the timeline so it is out of your way.
 - Bring the clip, **my name_walking**, into the timeline
 - Scrub to the point where you are in between the 2 guidelines
 - Click on the clip, **my name_walking**, and go the menu and select **Edit > Split Layer** (You now have 2 layers of the same clip)
 - Click on the top layer and **Edit > Duplicate** (Or, **CNTL C** and **CNTR V**)
 - You now have three layers of one clip. Move the top layer to the right
 - Click on the centre layer.
 - Go the menu and select **Layer > Time > Freeze Frame**
(Or, Right click on the layer and select **Time > Freeze Frame**)
 - Scrub over the video to check your progress: You are walking; you stop; and then you start again.
 - Click on the middle layer to select it. Using the pen tool, apply a mask to the middle layer. (When you are done, the background should disappear; and you should see the red layer.)
 - Take the **my name_looking at me** clip and slide it into position. Put it on the bottom layer. Coordinate it so that you are looking at your frozen self.
- PLEASE NOTE: You may need to enlongate (make longer) the frozen clip; AS WELL AS, moving the top layer so that you can continue to walk.
- LAST STEP: Bring the clip or yourself. Go to the menu and select **Layer > Time > Freeze Frame**. Your frame should be empty