

SLOW MOTION with AFTEREFFECTS

It is possible to slow video down. The process works best by starting with footage shot at double normal speed, usually 60 fps. Then the clip can be played back at a slower speed. If the source video is shot at a normal frame rate (30 fps), it is still possible to slow it down smoothly with a special effect in Adobe AfterEffects called **TIME WARP**.

The aesthetic goal is to remove a viewer from the normal flow of time, to create the experience of extended time, without making the effect noticeable. Changing the timing helps build a 'constructed' viewpoint, meaning the personal vision of the photographer becomes part of the subject.


Create a Composition for the **TIME WARP** Effect

import _____ video clip **FILE> IMPORT** **[CMD] I**
create _____ **NEW COMPOSITION** from video clip
right-click _____ on video clip
use _____ **NEW COMP FROM SELECTION**
all specs will be derived from clip; height, width, duration...

AfterEffects does not automatically calculate the change in duration due to time warping. Expand the Timeline to allow to the duration to expand

place _____ the **TIME BAR** at the start of the clip **[HOME]**
reset _____ **DURATION:** in **COMPOSITION SETTINGS** to 3 times longer **[CMD] K**
pull _____ zoom back to smallest (to the left)
enable _____ **TIME REMAPPING** **[CTRL] [OPT] T**
RIGHT-CLICK> TIME> ENABLE TIME REMAPPING
drag _____ the end point of the clip to the right in the **TIMELINE**

Apply the Effect to the Entire Clip

search _____ **EFFECTS** panel for **TIME WARP**
drag _____ **TIME WARP** effect onto the video clip layer in the **TIMELINE**
set _____ the **SPEED** in the **EFFECTS WINDOW** to some number smaller than 100,
e.g. 62 (somewhat slower) to 16 (very slow)
play _____ a **RAM PREVIEW** to see how it looks (far right) 
adjust _____ the speed to get the desired look

Trim the Clip to the Appropriate Length

move _____ the **TIME BAR** to where the clip now ends at the slower rate
split _____ the layer with **EDIT> SPLIT LAYER** **[CMD] [SHFT] D**
a new layer with just the trimmed clip is created
delete _____ the original layer (still selected)
select _____ the new layer
reset _____ the **WORK SPACE** to the duration of the layer (clip) **[CMD] [OPT] B**
trim _____ the composition with **COMPOSITION> TRIM COMP TO WORK AREA**

Render the Final Piece

export _____ to the **RENDER QUEUE** with **FILE> EXPORT> ADD TO RENDER QUEUE**
set _____ the **OUTPUT MODULE:** to **H.264** from the white menu button
set _____ **OUTPUT TO:** by navigating to the desired folder from the yellow text
hit _____ the **RENDER** button at the far right

play _____ the finished piece in Quicktime by double-clicking it in the Finder