



THE FULL WORKFLOW · OMNITRIX

# *the night it found me.*

A fan-made homage to the cartoon I grew up with. Everything in the clip is generated: no camera, no set. One character sheet, one location plate, props, and one Seedance 2.5 prompt with hard cuts.

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CREATOR

@by.jadla

VIDEO MODEL

Seedance 2.5 · Higgsfield

IMAGES

GPT Image 2.5

# What you are about to build

## OVERVIEW

A 25-second scene from one prompt, plus a 10-second continuation. The model gets pictures of who, where and what. The prompt only says what happens and where the camera is.

### STAGE 1

**References.** Character sheet of you, an empty location plate, and each prop on its own.

### STAGE 2

**The scene.** One Seedance 2.5 prompt, 25 s, three shots joined by hard cuts.

### STAGE 3

**The continuation.** A 10-second extension that starts on the last frame of the scene.

### STAGE 4

**Finish.** Join both clips and add the comment card at the end.

## What I used

- GPT Image 2.5 for every reference image.
- Seedance 2.5 on Higgsfield, omni-reference mode, 1080p, 9:16, audio on.
- Five references in the main prompt: my character sheet, the location plate, the wrist-device prop, the pod prop and the creature sheet.
- The prompt structure follows how **Kaye Creatives** writes hers: camera distances in metres, one fixed lens angle, action timing per second.

**References are never scene images.** A character sheet, an empty location and props on white. The prompt puts them together. Never feed a finished scene image as a reference.

Fan-made homage. Not affiliated with or endorsed by the owners of Ben 10.

# 1 Your character sheet

GPT IMAGE 2.5 · IMAGE

Two photos of your face as references 1 and 2, plus a picture of the prop you want on your wrist as reference 3. 16:9. This is the prompt behind my sheet.



Three views: front, three-quarter, close-up with the wrist raised.

## PASTE THIS

CHARACTER SHEET – three views side by side, clean white studio background, professional costume concept art for film production, photorealistic cinematic quality, sharp detail, dramatic studio lighting with subtle rim light and soft fill.

CHARACTER APPEARANCE: the man from reference image 1 and reference image 2 – face 100% matches the references. Short dark curly hair with natural frizz, short dark beard with individual hairs visible, strong brows, calm direct gaze with catchlights in the eyes. Realistic skin texture: visible micro-pores, slight redness on the nose and cheeks, natural sheen on the forehead and nose bridge, no airbrushed finish, no plastic skin. Athletic build, straight posture.

HE IS WEARING: a plain black cotton crew-neck t-shirt with real fabric folds, dark grey cargo trousers with creases at the knees, black-and-white leather sneakers with scuffs. On the LEFT WRIST the wristwatch from reference image 3, translated faithfully as a real film prop: grey-and-black segmented housing with white accents, black dial with a bright green hourglass symbol, small green side buttons, green-and-black rubber strap with wear marks; the dial glows softly green onto the skin.

LEFT VIEW – full body head to toe, front, face fully visible, relaxed stance, left wrist slightly raised so the watch is visible.

CENTER VIEW – full body, three-quarter, one step forward, watch visible.

RIGHT VIEW – portrait close-up: face and upper shoulders, left wrist raised beside the face showing the watch up close, 3/4 angle, cinematic gaze, dramatic cinematic key light, film grain, shallow DOF.

Photorealistic, 8K resolution, cinematic color grading, professional film costume concept photography, production quality character sheet. Shot on a full-frame camera with an 85mm lens, subtle film grain, crisp yet a tiny bit soft, no text, no logos.

# The location plate

GPT IMAGE 2.5 · IMAGE



An empty place, no people in it. The layout goes in as a map: foreground, midground, background with distances in metres. Then the prompt can place the action in metres inside that map.

Keep the light the same as the scene you want. I locked blue hour with one warm park lamp.

PASTE THIS · 9:16

## SCENE CONTEXT

Empty landscape plate: a wide mown meadow inside an old German city park at deep blue dusk, minutes after sunset, no characters, no vehicles, no animals.

## LOCATION MAP

Camera position: standing at ground level in the grass, roughly knee height (0.6 m), facing straight across the meadow toward a line of old trees.

Foreground (0-3m): short mown grass with small clover patches and a few dandelion leaves, slightly damp, a worn gravel-and-dirt footpath cutting diagonally from lower right into the middle distance, a few loose pebbles on the path edge.

Midground (3-40m): the open meadow continues flat and unbroken, one single old cast-iron park lamp with a warm sodium bulb already lit stands beside the path at about 25 m, a weathered wooden park bench next to it, two or three scattered mature lime and oak trees standing as dark green-black silhouettes.

Background (40m to horizon): a dense line of tall old trees closes the meadow, behind and above them the faint dark roofline of 19th-century townhouses with two lit windows, the last thin band of pale rose sky sitting low directly above the treeline.

Sky: clear deep blue dusk sky, smooth gradient from dark navy at the top of frame down to a thin pale rose band right above the trees, the first two faint stars visible high up.

## ATMOSPHERE AND DEPTH

Cool clean evening air near camera, a faint haze softening the treeline. At least three distinct depth bands must read clearly: sharp foreground grass and path, the open mid-meadow with the lamp and bench, and the softened treeline with rooftops dissolving into the dusk. Real aerial-perspective depth, not a flat backdrop.

## LIGHTING

Blue-hour ambient skylight only, cool ~7500K, no visible sun disc, no golden hour, no orange or amber cast on the grass or the trees. The single park lamp is the only warm practical light and throws a small warm pool on the path and bench around it. Shadows on the meadow are extremely soft to absent.

## PHYSICS

Grass blades lean slightly in a light breeze, dew beginning to form on the leaf edges, gravel sits loosely in the path.

## REALISM

Shot on a full-frame camera, 24mm, f/2.8, ISO 3200, visible fine grain, natural filmic colour with soft highlight roll-off, gentle contrast, no crushed blacks, no HDR, no digital sharpness, no CG gloss, no painting look.

## POSITIVE CONSTRAINTS

No people, no animals, no cars, no readable signs, no text, no watermark. Sky stays cool blue with only the thin rose band above the trees. The lamp is the only warm light. Vertical 9:16 frame.

# Props, one per image

GPT IMAGE 2.5 · IMAGE



Every object that matters gets its own clean product shot on white: here the pod. I first made the pod in a dusk scene, then used that picture as reference for this clean version. The wrist device and the creature sheet were made the same way.

PASTE THIS · 1:1, POD PICTURE AS REFERENCE

## SCENE CONTEXT

Prop-only shot: one spherical alien capsule (the pod), closed, displayed alone, no character present, no hands.

## ACTIVE REFERENCES

<<<image\_1>>> (established pod) – controls the sphere shape, panel segmentation, dark gunmetal material and the thin green light seam exactly. 100% matches reference. Does NOT control the crater, soil, smoke or sky in that image.

## POD ANCHOR

A sphere of about 45 cm diameter built from dark gunmetal segmented panels, thin recessed seams between the panels glowing a faint cold green, surface heat-scorched with darker burn streaks and small pits, a little dry soil dust caught in the seams, real metal weight and dull reflections.

## MATERIALS

Dark gunmetal alloy, matte with brushed texture, scorch marks, micro-dents, faint green light from inside the seams only. No chrome, no cartoon outlines, no glossy CG.

## COMPOSITION

Pure white seamless background, the pod resting on the ground on its own, full object visible from a slightly elevated three-quarter view, no cropping, no character, no hands, no other objects, no crater, no smoke.

## LIGHTING

Soft even studio front-key lighting, low contrast, no strong directional shadow, neutral daylight (~5600K), only the green seams add a faint local glow.

## REALISM

Photoreal product photograph, full-frame camera, 50mm, f/8, fine grain, no HDR, no digital over-sharpening.

## POSITIVE CONSTRAINTS

Panel layout, material and green seam identical to the reference. Pure white background, only a soft contact shadow, no text, no logos, no watermark, no hands, no environment.

## 2 The scene: one prompt

SEEDANCE 2.5 · VIDEO

Upload the five references in this order: character sheet, location plate, wrist device, pod, creature sheet. Seedance 2.5, omni reference, **25 s, 1080p, 9:16, audio on**. Then paste the whole prompt. It is long on purpose: every block controls one thing.



Shot A opens on the sneakers, Shot A impact, Shot B inside the crater. All from this one prompt.

### PASTE THIS · PART 1 OF 4

#### SCENE CONTEXT

A young man walks alone along a gravel path across a park meadow at blue-hour dusk. A green meteor streak throws his shadow forward, slams into the meadow twenty metres ahead, and leaves a smoking crater with a dark metal pod inside. He approaches, crouches at the crater rim, the pod unfolds, an alien wrist device leaps onto his left wrist and locks. He presses it, a green flash rolls over his body, and where he stood now stands a creature made of volcanic rock and living fire, the grass around it igniting in a ring.

# The scene: one prompt (continued)

SEEDANCE 2.5 · VIDEO

PASTE THIS · PART 2 OF 4

## ACTIVE REFERENCES

@Image 1 (character sheet) – controls face, hair, beard, skin tone, body proportions and clothing identity exactly: short dark curly hair, short beard, strong brows, black cotton t-shirt, dark grey cargo trousers, black-and-white sneakers. 100% matches reference. Does NOT control the white studio background or the panel layout.

@Image 2 (location plate) – controls the meadow geography, the gravel path, the single warm park lamp, the treeline with rooftops, and the cool blue-hour lighting. Established location lock: cool ambient skylight, one warm practical, no orange sky cast on the grass.

@Image 3 (Omnitrix prop) – controls the housing shape, dial, green hourglass, buttons and strap of the wrist device ONLY. Does NOT control its scale beyond a normal chunky wristwatch, and does NOT control any hands or background.

@Image 4 (pod prop) – controls the sphere shape, panel segmentation, gunmetal material and green seam of the capsule ONLY. Does NOT control the ground, crater or smoke.

@Image 5 (creature sheet) – controls the creature's material and shape ONLY: dark red-brown volcanic rock plates, bright yellow-orange lava in every crack, a head of real fire, glowing yellow eyes, the green hourglass emblem on the chest. Does NOT control the grey studio ground or the panel layout.

All references describe ONE man, ONE capsule, ONE wrist device and ONE creature. The output contains exactly one figure at any moment.

## CHARACTER ANCHOR

@Image 1: young man, about 183 cm, lean athletic build, short dark curly hair, short dark beard, black cotton t-shirt, dark grey cargo trousers, black-and-white sneakers. State: relaxed evening walk, hands loose, breath calm until the impact; after the impact wary and curious, shoulders slightly raised, steps careful. Face and eyes are never turned straight into the lens; his face is seen in three-quarter profile only, lit by the pod and the dial.

## FIRST FRAME AND SPATIAL BLOCKING

The first visible frame already contains his sneakers and lower legs walking on the gravel path with the meadow, the park lamp and the treeline visible ahead – no empty landscape before him, no delayed reveal. He walks forward, away from camera, into the depth of the meadow. Camera trails directly behind him at low height, matching his pace exactly. The impact point is twenty metres ahead of him, slightly left of the path, in open grass.

## FORMAT MODE

CONTROLLED MULTI-SHOT SEQUENCE. Three shots connected by two HARD CUTS. No fade, no crossfade, no dissolve. Total runtime 25 seconds.

## OPTICS

LENS IS 84° ACROSS ALL SHOTS. NOT NEGOTIABLE. 84° diagonal field of view, classic wide-angle lens character, camera physically close to the subject throughout (0.8–1.2 m from his sneakers in the opening, 1.5–2 m from his torso after the crane, 0.6 m from the pod in Shot B, 2.5 m from the figure in Shot C). Strong but natural perspective expansion, environment stays visible to the frame edges, deep readable spatial context, straight lines stay rectilinear, no fisheye curve. LENS LOCK SHOT A = 84°. LENS LOCK SHOT B = 84°. LENS LOCK SHOT C = 84°.

# The scene: one prompt (continued)

SEEDANCE 2.5 · VIDEO

PASTE THIS · PART 3 OF 4

CAMERA — SHOT A (single continuous take, 0:00-0:09)

Opens low and directly behind him, near heel height, 0.8 m from his sneakers, tracking his steps and the gravel. At the green light the camera cranes upward along his back to shoulder height while arcing from directly behind him to a rear three-quarter position on his left, 1.5 m away, so the sky and the streak are visible past his head. At the impact the camera jolts once with the shockwave and holds. As he walks toward the crater the camera follows 1.5-2 m behind him at chest height, smoke drifting across the frame, and stops when he stops at the rim.

ACTION TIMING — SHOT A

0:00 to 0:01 — Close on his sneakers and lower legs on the gravel, calm evening stride, the warm pool of the park lamp far ahead. A cold green glow blooms from above and his shadow snaps forward and swings across the grass, growing fast.

0:01 to 0:02 — He stops mid-step. Camera cranes up his back to shoulder height, arcing to his left. He tilts his head up; a thin green streak crosses the dusk sky from upper right, brightening, a rising whistle.

0:02 to 0:03 — The streak slams into the meadow twenty metres ahead: a column of soil and grass thrown up, a ring shockwave flattening the grass outward toward him, sparks, the camera jolts once, his t-shirt and hair pushed by the pressure wave.

0:03 to 0:05 — He flinches one full step back, shoulders up, arm half raised. Dust and embers drift. A shallow crater with glowing edges, smoke rising, a dark metal shape inside.

0:05 to 0:09 — He walks toward the crater, careful steps, camera following behind him at chest height, smoke crossing the frame, the crater growing in view until he stops at the rim and looks down.

CUT: HARD CUT to Shot B.

CAMERA — SHOT B (0:00-0:08)

New angle: camera positioned low inside the crater on the far side, 0.6 m from the pod, at pod height, looking up across the pod toward him as he crouches at the rim two metres away. He is in three-quarter profile, the pod between camera and him, his face lit from below by the green seam of the pod. Camera static locked for the whole shot.

ACTION TIMING — SHOT B

0:00 to 0:02 — The pod from @Image 4 sits half-buried in scorched soil, steaming, the green seam pulsing slowly. He crouches at the rim, one hand on the ground, the other hovering toward the pod, breath visible.

0:02 to 0:04 — The panels unfold outward like petals with a mechanical hiss, green light floods his face and chest from below; his eyes widen, he leans back a few centimetres but does not stand.

0:04 to 0:06 — The wrist device from @Image 3 lifts out of the open pod, snaps onto his left wrist with a sharp mechanical click and the strap closes itself; he jerks back onto his heels and drops to a seated position at the rim.

0:06 to 0:08 — He stares at the wrist held up in front of his chest, the green hourglass pulsing on his face, chest rising fast.

CUT: HARD CUT to Shot C.

CAMERA — SHOT C (0:00-0:08)

New angle: camera 2.5 m from him, low at 0.8 m, three-quarter front from his right, static locked. He stands at the crater rim, the smoking crater at his feet, the park lamp and tree line behind him. The camera does not move; the transformation happens in place.

# The scene: one prompt (continued)

SEEDANCE 2.5 · VIDEO

PASTE THIS · PART 4 OF 4

## ACTION TIMING – SHOT C

0:00 to 0:02 – He raises the left wrist, the dial flares, he presses it with his right palm; a wave of green light rolls over his body from the wrist outward.

0:02 to 0:03 – Blinding green flash; for half a second he is a green silhouette with the same stance.

0:03 to 0:06 – The light peels away and the creature from @Image 5 stands exactly where he stood, same stance, twenty centimetres taller; the grass around its feet catches fire in a widening ring, orange firelight on the smoke and the crater, embers rising, heat shimmer above its shoulders.

0:06 to 0:08 – It looks down at its burning hands, then lifts its head toward the treeline, fire brightening. Hold.

## PHYSICS

The streak has real mass and speed: the impact throws soil in a vertical column that falls back under gravity, the shockwave travels outward through the grass as a visible ring and pushes his clothes and hair once. Smoke rises and drifts with the breeze, embers float and die. The pod has heavy metal mass: it sits half-buried, does not roll, the petals unfold on hinges and stop. The wrist device moves as a solid object, latches and locks; his body reacts with a real balance loss, heels then seat. In Shot C the fire behaves as real fire: it spreads outward through the grass, throws moving orange light onto the smoke, the crater and the creature, and flickers in the breeze.

## LIGHTING

Blue-hour ambient skylight, cool ~7500K, matching the established location lock. No visible sun, no golden hour, no orange or amber sky cast on the grass. One warm practical: the park lamp in the background. The green streak, the crater glow, the pod seam and the dial are the only green light sources and light his face and chest from below in Shot B. In Shot C the fire becomes the dominant warm light, moving orange on everything within three metres, the sky staying cool blue.

## REALISM

Indistinguishable from real footage, shot on a full-frame cinema camera, 84° wide lens, visible fine grain, real motion blur, real dust, smoke, metal and light interaction, same grain and colour in all three shots, no cartoon look, no outlines, no glow effects beyond the listed light sources.

## AUDIO

SFX ONLY. NO MUSIC. Evening park ambience, distant traffic, gravel under sneakers. A faint whistle rising with the streak, a deep thud with debris pattering, grass hissing. Steam hiss from the pod, a mechanical unfold, a soft rising electronic tone, a sharp snap-click when the device locks, his breath. In Shot C a rising hum, a sharp crack on the flash, then the whoomp and crackle of fire and grass burning. No dialogue. No subtitles.

## POSITIVE CONSTRAINTS

Same face, hair, beard and clothing identity in Shots A and B, matching @Image 1 exactly. The wrist device matches @Image 3 exactly and sits on his left wrist. The pod matches @Image 4 exactly. The creature matches @Image 5 exactly and stands in his exact position. Lighting stays cool blue-hour in all three shots with only the listed practicals. His face is seen in three-quarter profile only, never turned straight into the lens. No added characters, no dialogue, no readable text, no logos, no captions, no watermark, no duplicated man, no camera movement in Shots B and C.

# 3 The continuation

SEEDANCE 2.5 · EXTENSION

Seedance 2.5, extension mode. The reference video is the 25-second result, the image reference is the creature sheet. **10 s.** It picks up on the last frame, so the grain, the light and the fire continue without a seam.

PASTE THIS · PART 1 OF 3

## SCENE CONTEXT

Continuation of the reference video. The creature made of volcanic rock and living fire stands at the smoking crater rim in the park meadow at blue-hour dusk, a ring of burning grass around its feet. It tests its new power twice – a thrown fireball, then a sweeping stream of flame – and finally launches itself straight up into the dusk sky on jets of fire, leaving an orange streak that mirrors the green meteor streak from the beginning.

## ACTIVE REFERENCES

Reference video – controls the creature's exact look, the crater, the burning ring, the meadow, the park lamp, the treeline and the blue-hour lighting. Everything continues from its final frame with identical grain and colour.

@Image 1 (creature sheet) – controls the creature's material and shape ONLY: dark red-brown volcanic rock plates, bright yellow-orange lava in every crack, a head of real fire, glowing yellow eyes, the green hourglass emblem on the chest. Does NOT control the grey studio ground or the panel layout.

The output contains exactly one figure at any moment. No human, no second creature.

## FIRST FRAME AND SPATIAL BLOCKING

The first visible frame is already an extreme close-up of the creature's face – no wide shot first, no delayed reveal. The creature stands where it stood at the end of the reference video, the crater at its feet, the treeline and lamp behind it, the ring of fire around it.

## FORMAT MODE

CONTROLLED MULTI-SHOT SEQUENCE. Three shots connected by two HARD CUTS. No fade, no crossfade, no dissolve. Total runtime 10 seconds.

## OPTICS

LENS IS 84° ACROSS ALL SHOTS. NOT NEGOTIABLE. 84° diagonal field of view, classic wide-angle lens character, camera physically close to the subject (0.4 m from its face in Shot D pulling back to 1 m, 1.5 m at knee height in Shot E, 4 m at ground level in Shot F). Strong but natural perspective expansion, environment stays visible to the frame edges, straight lines stay rectilinear, no fisheye curve. LENS LOCK SHOT D = 84°. LENS LOCK SHOT E = 84°. LENS LOCK SHOT F = 84°.

## CAMERA – SHOT D (0:00-0:03)

Extreme close-up. Camera 0.4 m from the creature's face, slightly below its eye line, looking up. The flames of its head fill the top of the frame, the yellow eyes the centre. As it lifts its right hand into frame the camera pulls straight back to 1 m at the same height, keeping the head and the raised hand in frame. Slow, controlled pull-back only.

# The continuation (continued)

SEEDANCE 2.5 · EXTENSION

## PASTE THIS · PART 2 OF 3

### ACTION TIMING – SHOT D

0:00 to 0:01 – The fire of its head moves in the breeze, the yellow eyes narrow slightly, heat shimmer between it and the lens.

0:01 to 0:03 – It raises its right hand into frame, opens the palm, and the fire of the hand contracts into a compact roaring ball of flame the size of a football, lighting its face from below; the camera pulls back to 1 m.

CUT: HARD CUT to Shot E.

### CAMERA – SHOT E (0:00-0:04)

New angle: camera 1.5 m from the creature on its left side, at knee height, looking across its body toward the open meadow so the throw travels away from camera into depth. Camera static locked, then a short whip-pan of about 30 degrees to the right to follow the sweep of flame.

### ACTION TIMING – SHOT E

0:00 to 0:01 – It hurls the fireball with a full-body throw; the ball streaks across the meadow in a flat arc.

0:01 to 0:02 – The fireball hits the grass about fifteen metres away and bursts into a low fan of fire, lighting the trees orange, embers thrown outward, a patch of grass burning.

0:02 to 0:04 – It brings both hands together and sweeps them from left to right: a continuous stream of fire scorches a wide arc into the meadow, the camera whip-pans to follow, smoke and embers roll across frame, then it lowers its hands and the stream cuts off.

CUT: HARD CUT to Shot F.

### CAMERA – SHOT F (0:00-0:03)

New angle: wide shot, camera 4 m from the creature at ground level, 0.3 m above the grass, three-quarter front from its right, the crater and the burning ring between camera and creature, the treeline and lamp behind it. Camera static locked, then tilts up to follow the launch, ending pointed at the dusk sky.

### ACTION TIMING – SHOT F

0:00 to 0:01 – It drops into a crouch, both palms pointed at the ground, and fire jets blast downward from its hands and feet, blowing dust, embers and burning grass outward in a ring.

0:01 to 0:02 – It launches straight up out of the crouch, fire jets under its hands and feet, rising fast; the camera tilts up to follow.

0:02 to 0:03 – It becomes a bright orange streak climbing into the deep blue sky, mirroring the green streak from the opening, embers falling back toward the crater. The camera holds on the sky with the fading orange trail, the smoking crater and the burning ring at the very bottom of frame. Hold. [END]

### PHYSICS

The fireball has real momentum: it travels in a flat arc, deforms slightly in flight, and bursts on impact with a shockwave of embers, the grass igniting only where the fire touches. The flame stream behaves as a real jet of fire: it pushes smoke ahead of it, scorches the grass black in its path, and cuts off when the hands lower. The launch follows real thrust: dust and embers blast outward before it leaves the ground, its body accelerates upward under the jets, and it recedes with true perspective, growing smaller as it climbs. Fire and embers fall back under gravity.

### LIGHTING

Blue-hour ambient skylight, cool ~7500K, matching the established location look, continuing exactly from the reference video. The creature's own fire is the dominant warm light: moving orange on the crater, the smoke and the near grass. The fireball impact throws a short orange flash onto the trees. In Shot F the rising streak lights the smoke from above, then the sky returns to cool blue. The park lamp stays the only other warm practical.

# The continuation (continued)

SEEDANCE 2.5 · EXTENSION

PASTE THIS · PART 3 OF 3

## REALISM

Indistinguishable from real footage, shot on a full-frame cinema camera, 84° wide lens, same grain, colour and contrast as the reference video, real motion blur on the throw and the launch, real fire, smoke, embers and heat shimmer, no cartoon look, no outlines, no glow effects beyond the fire itself.

## AUDIO

SFX ONLY. NO MUSIC. Continuous fire crackle and the furnace-like breath of the creature. A tight roar as the fireball forms, a whoosh on the throw, a deep whump and crackle on impact. A sustained jet roar for the flame sweep, grass hissing. A rising thrust roar on the launch, dust and embers pattering, then the roar receding into the sky and the crackle of the burning ring fading. No dialogue. No subtitles.

## POSITIVE CONSTRAINTS

Same creature identity in all three shots, matching @Image 1 and the reference video exactly, including the green hourglass emblem on the chest. Same crater, burning ring, meadow, lamp and treeline as the reference video. The creature never looks straight into the lens. Exactly one figure; no human appears. No added characters, no dialogue, no readable text, no logos, no captions, no watermark. Camera moves only as described: pull-back in Shot D, whip-pan in Shot E, tilt-up in Shot F.

## 4 Finish and the rules

[EDIT](#)

Put the 25-second scene and the 10-second continuation back to back. Add the comment card over the last second. My final reel is 36.5 seconds. The sound effects come from Seedance itself, the prompt asks for SFX only and no music.

### The rules I write every prompt by

- **One prompt, up to 30 seconds.** Several shots inside it, joined by HARD CUTs. No fades.
- **One lens for all shots.** My prompts lock 84 degrees and repeat it per shot.
- **Camera in metres.** "1.5 m behind him at chest height" works. "Close" does not.
- **Action timing per second.** Every second says what happens.
- **Each reference says what it controls and what it does not.** That stops backgrounds and panel layouts leaking into the shot.
- **First frame first.** Describe exactly what is in frame at 0:00. No empty landscape, no slow reveal.



NOW MAKE YOUR OWN

# *Pick the story you waited for.*

Sheet, plate, props, one prompt. Swap the story, keep the structure.



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