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VTube Studio (Android)

HeadUp
HeadRight HeadLeft
HeadDown

HeadRollRight HeadRollLeft

BrowOuterUpR BrowOuterUpL
BrowInnerUpR BrowInnerUpL

BrowDownR BrowDownL

EyeBlinkRight EyeBlinkLeft

EyeWideR EyeWideL
EyeSquintR EyeSquintL

NoseSneerR NoseSneerL

MouthRollUpper
MouthRollLower

MouthFrownR MouthFrownL

MouthUpperUpR MouthUpperUpL
MouthLowerDownR MouthLowerDownL

MouthShrugUpper

MouthSmileR MouthSmileL

MouthRight MouthLeft

MouthFunnel
MouthPucker

JawRight JawLeft
JawOpen

CheekPuff
TongueOut

Head XYZ Yaw Pitch Roll

+FT
ftEyeWidenR ftEyeWidenL

ftEyeSquintR ftEyeSquintL

ftEyeXRight ftEyeXLeft
ftEyeYRight ftEyeYLeft

ftEyeBlinkR ftEyeBlinkL

ftMouthX
ftMouthOpen
ftMouthEmotion

VTube Studio (iOS)

BrowDownLeft BrowDownRight
BrowOuterUpLeft BrowOuterUpRight

BrowInnerUp

CheekSquintLeft CheekSquintRight
CheekPuff

EyeBlinkLeft EyeBlinkRight

EyeLookUpR EyeLookUpL
EyeLookOutR EyeLookInR EyeLookInL EyeLookOutL
EyeLookDownR EyeLookDownL

EyeSquintLeft EyeSquintRight
EyeWideLeft EyeWideRight

JawForward
JawOpen
JawLeft JawRight

MouthDimpleLeft MouthDimpleRight
MouthFrownLeft MouthFrownRight
MouthSmileLeft MouthSmileRight

MouthFunnel
MouthPucker
MouthClose
MouthLeft MouthRight

MouthPressLeft MouthPressRight

MouthRollLower MouthRollUpper
MouthShrugLower MouthShrugUpper
MouthStretchLeft MouthStretchRight

MouthUpperUpLeft MouthUpperUpRight
MouthLowerDownLeft MouthLowerDownRight

NoseSneerLeft NoseSneerRight

TongueOut

Head X Y Z Yaw Pitch Roll

+FT

ftEyeBlinkLeft ftEyeBlinkRight

ftEyeSquintLeft ftEyeSquintRight

ftEyeWidenLeft ftEyeWidenRight

ftEyeXLeft ftEyeXRight
ftEyeYLeft ftEyeYRight

ftMouthEmotion
ftMouthOpen
ftMouthX

OpenSeeFace

EyebrowQuirkR EyebrowQuirkL
EyebrowSteepnessR EyebrowSteepnessL

EyebrowUpDownR EyebrowUpDownL

BrowOuterUpR BrowOuterUpL
BrowDownR BrowDownL

EyeRight EyeLeft
EyeOpenR EyeOpenL

MouthCornerInOutR MouthCornerInOutL
MouthCornerUpDownR MouthCornerUpDown

MouthFunnel

MouthOpen
MouthWide
JawOpen

Head X Y Z Yaw Pitch Roll
RightGaze XYZ Yaw Pitch Roll LeftGaze XYZ Yaw Pitch Roll

+FT

ftEyeBlinkR ftEyeBlinkL

ftEyeXRight ftEyeXLeft
ftEyeYRight ftEyeYLeft

ftMouthX
ftMouthOpen
ftMouthEmotion

PuppetString

BrowInnerUp
BrowOuterUpR BrowOuterUpL

BrowDownR BrowDownL

EyeBlinkR EyeBlinkL

EyeLookUpR EyeLookUpL
EyeLookOutR EyeLookInR EyeLookInL EyeLookOutL
EyeLookDownR EyeLookDownL

EyeWideR EyeWideL
EyeSquintR EyeSquintL

CheekPuff
CheekSquintR CheekSquintL
NoseSneerR NoseSneerL

MouthSmileR MouthSmileL
MouthSmileR MouthFrownL

MouthDimpleR MouthDimpleL

MouthUpperUpR MouthUpperUpL
MouthLowerDownR MouthLowerDownL

MouthRollUpper
MouthRollLower

MouthShrugUpper
MouthShrugLower

MouthFunnel
MouthPucker
MouthClose

MouthR MouthL
MouthPressR MouthPressL
MouthStretchR MouthStretchL

MouthWide
MouthEmotion

TongueOut (with MeowFace only)

psVoiceA psVoiceE psVoiceI psVoiceO psVoiceU
psMicVolume

psEnableAmbientLight

psAmbientLightRed psAmbientLightGreen psAmbientLightBlue
psLightingRed psLightingGreen psLightingBlue

psWebcamFaceTrackingLost

psHeadRoll
psHeadUpDown
psHeadPitch
psHeadYaw
psHeadLeftRight
psHeadFrontBack

_neutral

JawForward
JawOpen
JawR JawL

Head X Y Z
Yaw Pitch Roll

psMascotBrowDownR psMascotBrowDownL
psMascotBrowOuterUpR psMascotBrowOuterUpL
psMascotBrowInnerUp

psMascotEyeXRight psMascotEyeXLeft
psMascotEyeYRight psMascotEyeYLeft

psMascotEyeWideR psMascotEyeWideL
psMascotEyeBlinkR psMascotEyeBlinkL

psMascotMouthOpen
psMascotMouthEmotion

psMascotHeadUpDown
psMascotHeadYaw
psMascotHeadPitch
psMascotHeadLeftRight
psMascotHeadFrontBack

+FT

ftEyeXRight ftEyeXLeft
ftEyeYRight ftEyeYLeft

ftEyeBlinkR ftEyeBlinkL

ftEyeWidenR ftEyeWidenL
ftEyeSquintR ftEyeSquintL

ftMouthX
ftMouthOpen
ftMouthEmotion

XR Animator

A
I
U
E
O

LookUp
LookRight LookLeft
Look Down

Blink
Blink_R Blink_L

RightEye LeftEye

Angry
Fun
Joy
Sorrow

Jaw
Head
Neck
UpperChest
Chest
Spine
Hips

RShoulder LShoulder
RUpperArm LUpperArm
RLowerArm LLowerArm
RHand LHand

RThumbDistal LThumbDistal
RThumbIntermediate LThumbIntermediate
RThumbProximal LThumbProximal

RIndexDistal LIndexDistal
RIndexIntermediate LIndexIntermediate
RIndexProximal LIndexProximal

RMiddleDistal LMiddleDistal
RMiddleProximal LMiddleProximal
RMiddleIntermediate LMiddleIntermediate

RRingDistal LRingDistal
RRingIntermediate LRingIntermediate
RRingProximal LRingProximal

RLittleDistal LLittleDistal
RLittleIntermediate LLittleIntermediate
RLittleProximal LLittleProximal

RUpperLeg LUpperLeg
RLowerLeg LLowerLeg
RFoot LFoot
RToes LToes

MeowFace (Android)

browDownL browDownR
browInnerUpL browInnerUpR
browOuterUpL browOuterUpR

eyeBlinkL eyeBlinkR
eyeLookUpL eyeLookUpR
eyeLookOutL eyeLookInL eyeLookInR eyeLookOutR
eyeLookDownL eyeLookDownR

eyeSquintL eyeSquintR
eyeWideL eyeWideR

headUp
headLeft headRight
headDown

headRollLeft headRollRight

 jawOpen
 jawLeft jawRight
 mouthFrownL mouthFrownR
 mouthSmileL mouthSmileR
 mouthUpperUpL mouthUpperUpR
 mouthLowerDownL mouthLowerDownR

 mouthFunnel
 mouthPucker
 mouthLeft mouthRight
 mouthRollLower
 mouthRollUpper
 mouthShrugUpper

 cheekPuff
 noseSneerL noseSneerR
 tongueOut

 +FT
 ftEyeXRight ftEyeXLeft
 ftEyeYRight ftEyeYLeft

 ftEyeBlinkR ftEyeBlinkL

 ftEyeWidenR ftEyeWidenL
 ftEyeSquintR ftEyeSquintL

 ftMouthX
 ftMouthOpen
 ftMouthEmotion

 Head
 RightEye
 LeftEye

Created on 6th of October, 2023

Edit history:

- Version 1.0 8/Oct/2023 - Completed the first time
- Version 1.1 22/Oct/2023 - Puppetstring Update

- Version 1.2 2/Mar/2024 - VTube Studio iOS Difference (Helped by @/Fulmine (Twt, Discord)
- Version 1.3 4/Apr/2024 - Table of Contents and Added XR Animator
- Version 1.4 6/May/2024 - MeowFace (Android) (Helped by @/Rosenheim System) (Discord)
- Version 1.5 23/Mar/2025 - Updated Puppetstring + Meowface

Source: Personal experimentation. I wrote what I saw.

I use an android phone for VTS, a decent-mid webcam for others, Inochi Session v0.8.3, and an average work PC. I sorted it here with pairs I feel would complement one another (up & down, left & right).

List by Navy Prince (NavyPrince or NavyPrince_)

Contact if there's anything wrong with the doc (Twitter or Discord) or contribute here: <https://discord.com/channels/855173611409506334/1209609861650980944>