

SEEDANCE 2.0

Prompt Library

38 production-ready prompts for Higgsfield — image, video, and motion.

► Test these prompts with Seedance 2.0 in Higgsfield

<https://higgsfield.ai/?fpr=atomic>

★ Join my free Skool community for the latest AI updates — come say hi 😊

<https://www.skool.com/atomicgains/about>

Bring your own media. Most prompts rely on media upload (video, images, audio) — add your own references wherever a prompt calls for them.

Copy straight from the blocks. Every prompt sits in its own dark block. Click in, select the text, and copy it into Seedance — placeholders like <<<video_1>>> and @img are kept exactly as written.

Match the video. Each numbered prompt matches the number shown top-left on the YouTube video it came from.

Contents

4K TEST VIDEOS

- Driving
- Music — Cello
- Colosseum POV
- Epic Animation — The Odyssey
- Alien Planet (Pixar 3D)
- Punch (Bullet-Time)
- Wolf-Man Reveal
- Anime Trailer
- Animal Macro Close-Ups

NUMBERED EXAMPLES (FROM THE YOUTUBE VIDEO)

- | | |
|--|---|
| 01World Cup Anime — Bellingham | 1690s Hong Kong Nunchaku Fight |
| 022D Cartoon — Temple Trap Scene | 17Start Frame → End Frame |
| 03Martial-Arts Duel Storyboard Sheet | 18Floating Outfit Slam-On |
| 04Character Swap | 19Object Replace — Blue X → Gold Bars |
| 05Paper Sticker Peel — Locked-Off | 20Claymation Face Swap |
| 06Paper Sticker Peel — Living Photo | 21Transformer — Tractor Titan (Kyiv) |
| 07Environment Restyle — Lighthouse & Graveyard | 22Transformer — Airplane Eagle (Jakarta) |
| 08Cat Running — POV Tracking | 23Transformer — Double-Decker Bus Sentinel (London) |
| 09ATOMIC Smoke-Dance Sequence | 24Transformer — Garbage Truck Titan (Manila) |
| 10Story Characters + Storyboard | 25First-Person Dragon Battle Flight (JSON) |
| 11Motion Design Skill File | 26Bird-Hop Skyline Run |
| 12Bullet-Time Freeze — Tokyo Fishmonger | 27Laundromat Finger-Flick |
| 13Magnetic Armour Attach | 28Battlefield Lollipop — Super-Speed |
| 14Energy Beam Restyle | 29Football Poster Collage |
| 15Hi-Tech Wrist Monitor — Rainforest Restyle | |

SECTION A

4K Test Videos

Quick text-to-video prompts — the clips from my 4K test reel.

● Driving

■ VIDEO PROMPT

Racecar driving with ultra sharp realism and detail in motion.

● Music — Cello

■ VIDEO PROMPT

Woman playing cello, ultra detailed, start close to her hands and then go wide

● Colosseum POV

■ VIDEO PROMPT

Ultra-realistic live-action POV video from the hero's perspective, focused on his hands inside a massive Roman gladiator colosseum. Epic wide-angle action shot at ground level on the sandy arena floor, surrounded by warriors in ancient armor clashing with swords, shields, and spears. Thousands of spectators fill the towering stone stands. Dramatic beams of sunlight cut through dust clouds from the open roof above, creating warm golden historical-epic lighting.

The hero's hands appear in the foreground, rapidly using different supernatural powers to defend himself. Right hand thrusts forward and shoots a burst of realistic fire, forcing an attacking gladiator to leap back behind his shield. The left hand opens with an energy pulse, lifting another charging enemy off the sand and burst him violently across the arena.

The action continues in fast, chaotic POV movement: dodging spear strikes, dodging sword swings, pushing enemies back with bare hands, and sweeping ferocious gust of wind to push back the enemy. More gladiators rush in. The hero slams both hands downward, releasing a powerful shockwave that cracks the whole sandy arena floor. The ground splits open in jagged lines, and multiple gladiators stumble and fall into the widening cracks as dust and debris explode upward. The camera shakes from the impact, staying low and immersive as swords swing past the lens and shields crash nearby, pure chaos.

POV hands visible, first-person combat perspective, dynamic ground-level camera, wide-angle lens, fast action, realistic fire effects, telekinesis, cracking arena floor, falling gladiators, dust clouds, ancient Roman armor, thousands of spectators, warm golden sunlight,

hyper-realistic historical epic cinematography, ultra real-life texture, intense battlefield chaos, cinematic realism.

● Epic Animation — The Odyssey

■ VIDEO PROMPT

2d animation trailer from 'the odyssey' story, following the Greek hero Odysseus, King of Ithaca, and his arduous ten-year journey home after the Trojan War, cut to different adventure scenes in the trailer, epic music.

● Alien Planet (Pixar 3D)

■ VIDEO PROMPT

3d pixar style animation of a sci-fi character on an alien world making a discovery.

● Punch (Bullet-Time)

■ VIDEO PROMPT

Man is drinking his coffee , after 1 second he gets hit by a boxing glove like in (reference image) , then the impact happens in slow motion, when the glove hits his face his face distorts and his eyes bulge out of the sockets in bullet time slow motion, its a smooth transition speed ramp from drinking coffee to getting punched

● Wolf-Man Reveal

■ VIDEO PROMPT

ultra-realistic, a wolf like man is holding and intricate looking diamond object, close-up on the object he is holding with loads of detail, then he lifts up the object into the sunlight and it reflects light onto his face, extreme close-up on his face to show his wolf fur disappearing from his face revealing realistic skin underneath

● Anime Trailer

■ VIDEO PROMPT

Anime style fantasy adventure film trailer.

- **Animal Macro Close-Ups**

- **VIDEO PROMPT**

Extreme macro close-ups of different animals

SECTION B

Numbered Examples

Prompts 1–29 — numbered to match the walkthroughs in the YouTube video.

01 World Cup Anime — Bellingham

■ IMAGE PROMPT

create a character sheet of this English player called Bellingham with close up and full body shots from different angles in Japanese anime style

Then feed the reference image plus your own Claude script into Seedance 2 to make the video. The script prompt I used:

■ CLAUDE PROMPT

Give me the script for an anime action video about the real world cup 2026 football match between England and Croatia in Dallas on June 18th 2026. I want the hero to be Bellingham as he scored for England. 1. Act 15 seconds japanese anime style of how Bellingham comes onto the pitch and is playing in the game. 2. act 15 seconds how exactly he scored his goal and celebrated. Please include japanese monologues and dialogues

Then copy the prompt that Claude generated, along with the reference image you created, into Seedance 2 to create the video.

02 2D Cartoon — Temple Trap Scene

Upload your own cartoon image with characters as a reference, then use a prompt like this:

■ VIDEO PROMPT

2d cartoon style, [00:00-00:02] Wide shot – ancient temple interior glowing with golden light, walls etched with runes. [00:02-00:04] The explorer proudly declares: “Don’t worry, I studied the traps!” [00:04-00:06] Close-up – detective crosses her arms: “You also triggered them last time.” [00:06-00:08] The explorer steps on a tile – click! Arrows launch from the walls. [00:08-00:10] Slow-motion – both duck, hats flying, arrows zip past dramatically. [00:10-00:12] End shot – they crawl out covered in soot. The detective sighs: “Next time, I lead.”

03 Martial-Arts Duel Storyboard Sheet

■ IMAGE PROMPT

Create a 16:9 restrained formal stylized-3D martial-arts duel storyboard sheet image: a modern-minimal stylized production board with ultra-clean low-detail blocking thumbnail panels, a designed project card, panel header strips, and a visual director strip.

[PROJECT CARD]

Compact designed masthead, not a table. Use scene-appropriate typography, generous spacing, crisp dark-gray text, thin but readable rules, clear hierarchy, and restrained fight-platform production-board styling for the masthead, outer frame, section bands, panel header strips, and director strip.

TITLE: CENTERLINE PLATFORM DUEL

META LINE: formal hostility / stylized 3D Hong Kong action / controlled escalation

PRIORITY: clear two-person geography, centerline pressure, and readable hand traps

MICRO BRIEF: show rigid karate force being redirected by compact Wing Chun control until the final guard break.

[SCENE]

C1, the calm Wing Chun master, faces C2, the powerful karate general, on an open raised fighting platform. The sequence starts mid-attack with C2 already driving forward, then moves through punch traps, a kick jam, palm counter, close-range wrist and elbow control, and C2 falling back defeated while C1 remains calm. The must-read contrast is wide hard linear karate against narrow relaxed centerline control.

[REFERENCE RULE]

Image A is the sole authority for C1 final face, body, wardrobe, proportions, materials, and likeness; Image B is the sole authority for C2 final face, body, wardrobe, proportions, materials, and likeness. Storyboard characters remain neutral staging proxies; this sheet controls blocking, pose, eye-line, screen direction, platform geography, action continuity, and emotional progression only.

[VISUAL RULES]

Panel interiors are light but readable ultra-clean low-detail blocking thumbnails, not illustrations: open outline shapes, readable outline silhouettes, thin medium-light graphite lines, broad negative space, mostly white paper, and only the minimum anchor details needed to read the beat. Sheet typography, panel headers, borders, section rules, and director strip labels use crisp readable dark-gray ink, medium contrast, and small-but-readable type; only panel interiors stay lighter, sparse, and mostly uncolored. Put panel numbers, beat names, and lens tags only in header strips outside panels. Avoid overly faint hairlines, bold outlines, thick contour lines, solid filled silhouettes, black ink look, dark print effect, facial detail, hair strands, fabric folds, material rendering, dense platform texture, prop texture, scenic micro-detail, tonal modeling, messy sketch buildup, crosshatching, heavy shading, saturated color, labels, arrows, captions, UI, ghost poses, duplicate bodies, technical overlays, and finished concept-art rendering inside panels.

[CONTINUITY]

P01 establishes the fixed open platform through action: C1 starts screen left, C2 drives in from screen right, and all panels preserve the same left-right duel line unless the beat explicitly tightens into a hand insert. The platform boundary, hard floor, empty hostile space, and overhead light stay consistent; only body distance, guard state, balance, and C2's structural collapse change. C1 remains compact and centered throughout while C2 grows wider, harder, and more unstable.

[DIRECTOR STRIP]

Bottom visual infographic strip aligned to panel columns, with exactly two stacked mini-cells per panel: RHYTHM TRACK as clean outlined horizontal rhythm blocks and ESCALATION MAP as clean outlined L1-L5 bars with a curve trace. Use crisp thin strokes, spacing, and compact open graphic shapes; keep labels small but readable.

RHYTHM TRACK CELL LABELS: RHY P01: burst / medium block / whip beat; RHY P02: impact / short block / clean beat; RHY P03: impact / short block / smash beat; RHY P04: recover / medium block / clean beat; RHY P05: burst / short block / smash beat; RHY P06: impact / short block / clean beat; RHY P07: build / medium block / whip beat; RHY P08: pause / short block / held beat; RHY P09: final hit / medium block / smash beat

ESCALATION MAP CELL LABELS: ESC P01: L3 rise / spike; ESC P02: L3 rise / spike; ESC P03: L4 surge / spike; ESC P04: L3 rise / drop; ESC P05: L4 surge / spike; ESC P06: L4 surge / rise; ESC P07: L5 peak / rise; ESC P08: L5 peak / flat; ESC P09: L5 peak / release

[SEQUENCE]

Grid: 9 panels in a clean 3x3 layout; each panel has a small header strip outside the image area using P## / lens / beat name; P01 / 24mm wide / action opener: C2 drives in from screen right with hard straight punches toward C1 screen left across the open platform; P02 / 35mm side / punch trap: C1 slips just off-line, catches the lead wrist, and lets C2's second punch pass narrow; P03 / 50mm push-in / chest-face hits: C1 keeps the wrist trapped and lands short centerline strikes as C2 recoils one step; P04 / 35mm medium / pressure reset: C2 snaps a sharp block and steps back into line while C1 releases calmly center-left; P05 / 35mm side low / high kick jam: C2 throws a high kick and C1 steps in early to stall the leg near hip and shin; P06 / 50mm push-in / palm counter: C2 follows with a body punch, C1 rotates narrowly, catches the arm, and palm-strikes the chest line; P07 / 24mm medium-wide / pressure narrows: C2 surges with wide linear attacks while C1 closes distance and pins the fight near center; P08 / macro insert / guard opened: C1 clamps wrist, checks elbow, and opens a narrow lane through C2's guard; P09 / 35mm pullback / structure collapse: C1 chain-punches down the centerline until C2 falls back defeated and C1 stands still.

04 Character Swap

■ VIDEO PROMPT

turn the charactes in <<<video_1>>> into the characters in <<<image_1>>>, keep the exact composition and motion from <<<video_1>>>

05 Paper Sticker Peel — Locked-Off

■ VIDEO PROMPT

Animate the attached image as a locked-off video. Keep the original image ratio and composition exactly the same. The background stays completely still like a printed photograph. A realistic feminine hand with manicured nails enters the frame and gently pinches the main person in the image. The hand peels the person out as one flat die-cut paper sticker. The sticker must peel gradually along one continuous path, starting from a small lifted edge. Do not pull the whole person out at once. At the beginning, the person must look fully blended into the original image. No white sticker border is visible at the start. The white paper edge, sticker backing, and border appear only where the hand has already lifted and peeled the

sticker. As the peel continues, show realistic paper bending, thin paper thickness, matte white backing, soft shadows from the hand, and a natural separation between the sticker and the background. The background behind the removed sticker is naturally restored and stays still. The person does not move like a real human; they remain a printed sticker. After the sticker is fully peeled off, the hand brings it closer to the camera and holds it up for a final reveal. The final moment clearly shows the printed person sticker, the white border, and the paper thickness. Only the hand and sticker move. Do not animate the person's body. Do not change the face, outfit, pose, background, camera angle, or image ratio. No extra hands, extra fingers, text, logo, watermark, glitches, morphing, cartoon style, or early white outline.

06 Paper Sticker Peel — Living Photo

■ VIDEO PROMPT

Keep the original video's aspect ratio, composition, and camera angle exactly the same. The background stays completely still, like a frozen printed photograph. The man, however, keeps moving and performing exactly as he does in the reference video – his image is a living, animated photograph that stays alive the entire time, even though it is printed on a flat paper sticker.

A realistic feminine hand with manicured nails enters from off-frame and gently pinches the edge of the moving man. The hand peels him out of the video as one flat die-cut paper sticker, but the printed man on the sticker never freezes – he continues to move with the same motion as the reference video throughout the entire peel.

The sticker peels gradually along one continuous path, starting from a single small lifted edge. As the peel continues, show realistic paper bending, thin paper thickness, matte white backing, soft contact shadows from the hand, and a natural separation between the sticker and the background. The background behind the removed area is naturally restored and stays still.

After the sticker is fully peeled off, the hand brings it closer to the camera and holds it up for a final reveal. In this final moment the printed man is still moving on the sticker – a living photo – while the white border and paper thickness are clearly visible. The flat paper sticker moves through space with the hand; the background and camera stay locked.

Do not change the man's face, outfit, identity, the background, the camera angle, or the aspect ratio. No extra hands, extra fingers, text, logo, watermark, glitches, morphing, cartoon style, or early white outline. Do not freeze the man and do not turn him into a static print – he stays alive and moving the whole time.

07 Environment Restyle — Lighthouse & Graveyard

■ VIDEO PROMPT · LIGHTHOUSE

<<<video_1>>>

Keep my performance and camera move exactly; restyle me into a storm-lashed lighthouse gallery at night, oilskin coat heavy with rain. Hold the reference framing and timing. Low-key, single warm lantern key, cold blue ambient, Kodak 5247 grain. genre: drama · 21:9.

■ VIDEO PROMPT · GRAVEYARD

change the environment in <<<video_1>>>, change it so it looks like the man is inside a graveyard at night, change the lighting to moonlight at nighttime, at the start he has his hands on a tombstone, then he walks around the graveyard slowly, zombies emerge out of the ground behind him and walk towards the man, keep the exact same camera motion, framing, composition and performance from <<<video_1>>>

08 Cat Running — POV Tracking

■ IMAGE PROMPT

straight on view of the cat's face, the cat is mid-run, close-up, wide angle lens

■ VIDEO PROMPT

the cat runs through rooms, leaps above furniture, and runs down stairs, while everything blurs around him. the camera tracks his head perfectly, even as he jumps up and down. the cat's expression is natural, and blinks and moves naturally and meows while he's running. the physics of the run are natural and realistic

09 ATOMIC Smoke-Dance Sequence

■ IMAGE PROMPT

Create a premium minimalist cinematic storyboard. The layout should feel like a professional director's previs board mixed with luxury fashion motion design and atmospheric smoke-photography aesthetics. Blue clean background with ultra-minimal graphic design. Use only deep crimson smoke, grayscale tones, and selective deep yellow accents. No additional colors. The storyboard contains 8 sequential action panels arranged in a clean horizontal grid layout with large negative space and elegant spacing. Each panel shows a simplified mannequin-like human figure performing dynamic hiphop-inspired choreography using a giant handheld smoke-flare baton. The baton releases billowing plumes, curling haze walls, soft volumetric smoke arcs, drifting density, and slow flowing vapour trails across the frame. Smoke should feel weighted, atmospheric, and physically fluid – combining studio smoke photography, cinematic motion blur, soft diffusion, and fashion-editorial abstraction. Visual language: soft volumetric smoke minimalism, abstract motion design, cinematic storyboard presentation, IMAX-scale movement energy, dynamic wide-angle motion arcs, expressive negative space, clean modern typography, luxury monochrome graphic identity, fine wispy tendrils mixed with dense billowing plumes, high contrast rendering, elegant directional arrows and timing labels, minimal but readable production notes. Panel progression: Initial upward baton swing trailing a curved smoke arc; Forward thrust with a long ribbon of smoke; Massive rising plume engulfing the figure; Circular spinning motion forming a smoke ring; Aggressive forward pressure release; Full-body turning motion with spiral smoke wrap; Extreme tension pullback before release; Final billowing smoke burst flooding the frame outward. Typography style: modern minimalist editorial typography, tiny cinematic production labels, shot timing indicators, subtle arrows and movement directions, hand-set logo text "ATOMIC", clean Swiss-style layout structure. Composition: large blue margins, balanced panel spacing, asymmetrical elegance, cinematic readability, storyboard presentation board aesthetic, motion

study sheet feel, professional art-director presentation quality. Style references: studio smoke photography + luxury fashion storyboard + cinematic previs art + abstract dance motion graphics + modern IMAX concept art. Negative prompt: No realistic faces. No detailed anatomy. No colorful background. No photorealism. No comic-book style. No anime style. No cluttered text. No messy composition. No extra props. No unnecessary environment. No 3D rendering look. No low-resolution textures. No watermark.

■ VIDEO PROMPT

References: = storyboard structure and motion rhythm reference

Create a premium IMAX-scale cinematic smoke-dance sequence inside an infinite seamless blue void with no visible floor horizon. The visual language fuses avant-garde hiphop choreography, luxury fashion film, abstract atmospheric smoke art, and large-format IMAX camera energy. Every movement feels grounded yet mythic, with aggressive momentum, dramatic negative space, and extreme wide-lens distortion.

Main subject: a hiphop dancer wearing a loose oversized white top and green oversized pants with irregular red erosion along fabric edges. The costume behaves organically, fabric and smoke moving as one. The dancer holds a massive handheld smoke-flare baton in the right hand at all times. The baton is never static – every swing, drag, rotation, stop, and acceleration releases dense crimson smoke plumes, curling tendrils, suspended haze masses, and slow volumetric trails through the air. Visual style: ultra high-contrast monochrome minimalism with pure blue background and only deep crimson smoke, grayscale gradients, and controlled yellow accent wisps. No other colors. Strong IMAX clarity, cinematic motion blur, soft film grain, weighted smoke fluid physics, dramatic negative space, luxury editorial framing, dynamic lens breathing, subtle shutter smear, large-scale atmospheric depth. Camera language: aggressive IMAX handheld precision mixed with floating crane movement, low-angle tracking, ultra-wide 24mm distortion, kinetic push-ins, rotational drift, proximity lens passes, dynamic speed ramps. The camera feels reactive to the dancer's momentum, almost cutting through the hanging smoke.

Sound design and music: Minimal hiphop beat with deep groove and cinematic spatial bass. 0:00–0:08 steady groove, clean kick, subtle sub bass. 0:08–0:11 rising rhythmic density and tension. 0:11–0:13 near silence with suspended atmospheric pressure. 0:13–0:15 massive bass impact synced to the final smoke burst.

TIMELINE:

0:00–0:02 Low-angle 24mm tracking close shot. The dancer shifts weight sharply in groove, stepping diagonally toward camera. The baton sweeps from behind the body, trailing the first long smoke arc across empty blue space. Thin haze drifts along clothing seams. Camera glides beside the movement with slight handheld vibration. SFX: soft flare hiss, fabric movement, low bass pulse.

0:02–0:04 The dancer accelerates into rapid footwork, rotating shoulders aggressively. The baton carves horizontal smoke ribbons through the air. Camera circles tightly with dynamic parallax. Plumes linger and expand volumetrically before diffusing. SFX: foot friction, layered air rush, distant sub resonance.

0:04–0:06 Camera pulls back then crashes forward. The dancer drops low and rises into a vertical rotational swing. A massive crimson plume erupts upward like soft liquid architecture. Clothing expands from momentum. Wide-angle distortion exaggerates rotation. SFX: rising air pressure, heavy smoke whoosh, bass expansion.

0:06–0:08 Slow rotational drift around the dancer as spinning footwork generates circular smoke structures wrapping the body. Arms extend wide; haze spirals interweave with silhouette

and fabric. The dancer briefly vanishes inside a dense plume before re-emerging. SFX: low circular rush, layered fabric, hypnotic ambience.

0:08-0:10 Camera retreats rapidly as if pushed away. The dancer advances with heavier baton sweeps. Smoke density grows thick and chaotic, giant suspended haze walls nearly filling the frame. Subtle yellow accents bloom within crimson collisions. SFX: intensified groove, low-frequency vibration, pressure ambience.

0:10-0:12 Sudden aggressive push-in. Using forward rotational momentum the dancer performs a massive turn while the baton draws a full circular smoke ring around the body. The figure passes extremely close to the lens edge, briefly dissolving into diffuse haze before reconstructing. SFX: distorted bass hit, rapid air turbulence, cinematic suction.

0:12-0:13.5 Near silence. Time suspends. The dancer slowly draws the baton far behind the body into extreme tension. A long dense smoke tail stretches across the void while surrounding haze hangs and curls inward unnaturally. Camera slowly pushes into the tension. SFX: minimal sub pulse, soft hiss, atmospheric air.

0:13.5-0:15 Full-force final impact. The dancer lunges explosively toward camera, sweeping the baton directly into the lens. Massive smoke plumes flood the entire frame with overwhelming density. Crimson smoke completely consumes the blue environment. The ATOMIC logo emerges organically inside the rolling smoke on a fully crimson-clouded background – elegant, cinematic, premium, not graphic-design-like. The final frame feels iconic, theatrical, atmospheric. SFX: massive bass impact, deep smoke roar, cinematic resonance.

Negative: No cartoon look. No anime. No cheap VFX look. No low-detail smoke simulation. No static camera. No flat lighting. No extra characters. No colored lighting beyond crimson/yellow accents. No visible studio. No text. No glitch. No AI morphing artifacts. No floating disconnected limbs. No unrealistic deformation. No low-energy choreography. No repetitive loops. No oversaturated reds. No muddy grayscale.

10 Story Characters + Storyboard

Generate your own characters for your story. Use them as references in the storyboard prompts (use @ to drop a character into the specific part of the prompt).

■ STORYBOARD PROMPT

Interior of a modest apartment kitchen that has clearly been searched or ransacked. Cupboards left open, drawers pulled out, chairs displaced, kitchen items scattered across counters and floor. The space feels recently disturbed rather than destroyed. Cold winter daylight enters through a single window. Muted greens, browns and greys. Quiet atmosphere. Natural light only. Frame – Entering the kitchen. Wide shot. @img stands in the doorway looking at the chaotic kitchen. Cabinet doors hang open. Drawers are half pulled out. Morning light spills across the room. She hesitates before entering. Frame – Searching. Medium shot from the side. She kneels in front of a lower kitchen cabinet, carefully moving aside scattered objects and opening doors. Concentrated expression. The colorful backpack hangs from one shoulder. Frame – Discovery. Close-up detail shot. Her small hand finds several dusty canned food tins hidden at the back of a cupboard behind other forgotten items. Soft daylight catches the metal surfaces. Frame – Relief. Medium close-up. Holding the cans in both hands, she allows herself a small smile. Not exaggerated happiness, just visible relief. The first hopeful moment in the sequence. Frame – Packing. Low-angle detail shot. She places the cans inside the colorful backpack resting on the floor. The bag slowly becomes fuller. Careful, practical movements. Natural documentary framing. Frame – Leaving. Wide shot. The girl stands in the middle of the ruined kitchen with the backpack now on her shoulders. The cupboard doors remain open behind

her. She looks toward an unseen exit, ready to leave. Cold daylight fills the room. A quiet feeling of survival and determination. Social realism, muted color palette, naturalistic lighting, medium-format cinema aesthetic, subtle film grain, restrained emotion, photorealistic textures, quiet storytelling, observational framing, no stylization, no text, no graphic elements, cinematic realism.

11 Motion Design Skill File

Download the Motion Design skill file (Google Drive):

<https://drive.google.com/file/d/1gPhvmbAHh41ph5GvcNgmGjWNA0cmn3Ee/view?usp=sharing>

Upload this zip file into the 'new skills' section in Higgsfield Supercomputer. Then select the skill from the '+' button and type in the prompt you want to make.

12 Bullet-Time Freeze — Tokyo Fishmonger

■ IMAGE PROMPT · PART 1

Cinematic freeze-frame bullet-time shot, shallow depth of field. A stocky fishmonger in his 50s is caught mid-slip on a wet concrete floor of a bustling Tokyo fish market at dawn. He is pitching backwards, both boots hydroplaning on a slick of crushed ice and fish water, his torso arching away from the camera. His arms are thrown wide, fingers splayed, a massive bluefin tuna fillet sliding off the wooden cutting board he was carrying. Slabs of glistening pink fish, shaved ice, and sprigs of shiso leaf burst outward toward the camera in slow-motion tumbles. Some pieces blur past the edges of the frame, as if launched past the lens itself. Individual ice crystals and droplets of brine hang frozen in mid-air in the foreground, sharp and close, filling the frame. The man wears a white rubber apron over a navy thermal shirt, black rubber boots to the knee, and a twisted white hachimaki headband dark with sweat across his forehead.

■ IMAGE PROMPT · PART 2

keep this photo the same, but cut in a white border around the edge of the photo. keep the food ingredients, and other things, all visible still, as if we have created a 3d effect where those elements exist in the white box outside the edges of the photo. do not change the photo at all, the only thing you should be doing is adding a white border. the white border should be about 10% of the size of the photo, and should be perfect 100% plain white

Upload your image reference with this video prompt:

■ VIDEO PROMPT

Bullet time freeze frame effect where the man and everything in the frame is frozen. The camera rotates around the floating object that is frozen in time, keep the white border

13 Magnetic Armour Attach

■ VIDEO PROMPT

after 0.2 seconds metal armour magnetically attaches itself to the arm and hand in <<<video_1>>>

14 Energy Beam Restyle

■ VIDEO PROMPT

change the man and the background in <<<video_1>>>, to the man and background in <<<image_1>>>, keep the same camera movement and performance from <<<video_1>>>, a huge energy beam fires out from the mans device on his chest in <<<image_1>>>

15 Hi-Tech Wrist Monitor — Rainforest Restyle

■ VIDEO PROMPT

use the same motion and lip sync from @video1 ,. change the environment in @ , change the object on his wrist to a hi-tech wrist mounted monitor with lighting coming out, change the environment and lighting to a dark rainforest , keep the exact same camera motion, framing, composition and performance from @

16 90s Hong Kong Nunchaku Fight

■ VIDEO PROMPT

STYLE: 90s Hong Kong martial arts film. Kodak Vision film grain, warm amber-orange grade, green shadow tint, practical lighting only, chromatic aberration at frame edges, analog audio mix.

CHARACTER: Young white male <<<image_1>>> , yellow-black stripe T-shirt, holding nunchaku, traditional Japanese dojo interior.

SHOT 1 – Nunchaku Trick

Low-angle medium shot, Dutch tilt 10° left. MC spins nunchaku rapidly – motion blur trail on every rotation, amber-tinted streak. Single practical amber light from upper left, deep shadows. Hard cut when MC snaps into pose.

SHOT 2 – Crash Zoom

MC snaps into combat stance pointing at camera. Camera CRASH ZOOMS to extreme close-up in 0.5 sec. Chromatic aberration spike at zoom peak. MC shouts "AGGGHHHH!" Micro freeze frame. Hard cut to black.

SHOT 3 – Ninja Reveal

From black: 5 ninjas in silhouette, Dutch tilt 12° right, slow creeping push-in. Low-key amber light, green shadow tint. Wooden lattice wall background. One ninja steps forward. Whip pan. Cut.

SHOT 4 – Combat Frenzy

Aggressive handheld 180° orbit around MC fighting all 5 ninjas. Nunchaku motion blur smear every strike. Practical light flickers as bodies pass. Speed ramp 120–130% on key hits. Brief comedic reaction insert per ninja.

SHOT 5 – Slow Motion Final Strike

15–20% speed. MC swings nunchaku at last ninja's head. Amber light sweeps left to right. Insert close-up: ninja's face at impact – comedic slapstick expression, tongue out. Massive WET CRACK audio blooms slowly.

SHOT 6 – Victory Pull-Out

Slow dolly pull-out, low angle 15°. MC in hero pose, nunchaku at side, slowly raises gaze to camera. All 5 ninjas laid out around him. Heavy film grain. Single amber shaft of light on MC. Erhu melody returns. Fade to black.

17 Start Frame » End Frame

■ VIDEO PROMPT

start frame is <<<image_1>>>, and the end frame is <<<image_2>>>

18 Floating Outfit Slam-On

■ VIDEO PROMPT

keep the same performance and motion from <<<video_1>>> , the person grabs the floating outfit, and forcefully slams it so they're wearing it

19 Object Replace — Blue X » Gold Bars

■ VIDEO PROMPT

Replace the blue x in <<<video_1>>> with gold bars.

20 Claymation Face Swap

■ VIDEO PROMPT

use the same motion and lip sync from <<<video_1>>> , turn the person into the claymation style and face of <<<image_1>>>

21 Transformer — Tractor Titan (Kyiv)

■ VIDEO PROMPT

A farm tractor sits rusting in an overgrown wheat field on the outskirts of Kyiv. The tractor begins to violently disassemble and reorganize from the inside out, transforming into an ancient, wrathful Cybertronian mechanical giant titan robot. 00-02s: The Setup Wide shot, eye-level. A tractor, massive wheels turning slowly, pushes through tall golden wheat under a low, brooding sky. The tone is grounded and realistic. 02-05s: The Transformation Begins Dynamic VFX Action Shot. The tractor violently bursts open. The engine block splits as a massive, metallic rust-red head with a heavy brow ridge and glowing green eyes pushes upward. The enormous rear wheels, plow hitch, and roll cage rapidly fold, spin, and reconfigure into colossal mechanical legs, broad plated shoulders, and two arms ending in hydraulic piston fists the size of sedans. 05-08s: The Ejection Fast-paced tracking shot. Amidst the chaotic shifting of metal plates, the farmer is thrown from the transforming tractor. He crashes into the wheat as the machine finishes shifting into a giant, two-legged robotic titan, flattening a wide circle of crops beneath its titanic feet. 08-11s: The Mount Action shot. The farmer quickly scrambles to his feet. Showing no fear, he charges at the colossal robot, grabs onto the shifting shin plating, and athletically vaults himself upward, scaling the leg and torso until he lands squarely on the robot's massive metallic shoulder. 11-14s: The Hero Pose Low angle, epic hero shot. The man stands tall on the giant robot's shoulder like a general surveying a battlefield, gripping the armor tightly. The mechanical titan stands aggressively, arms wide, fists crackling with arcs of blue electricity. A cinematic lens flare hits the lens, highlighting the sheer scale of the machine.

22 Transformer — Airplane Eagle (Jakarta)

■ VIDEO PROMPT

An airplane is parked in a dilapidated parking lot in outskirt of Jakarta. The airplane begins to violently disassemble and reorganize from the inside out, transforming into a grumpy, evil Cybertronian mechanical giant eagle. 00-02s: The Setup Wide shot, eye-level. A airplane, slowly drives forward on a dusty lot under a clear, sunny sky. The tone is grounded and realistic. 02-05s: The Transformation Begins Dynamic VFX Action Shot. The airplane violently bursts open. The front splits as a massive, metallic silver eagle head with glowing yellow eyes pushes through. The vehicle's chassis, doors rapidly fold, spin, and reconfigure into heavy mechanical limbs. 05-08s: The Ejection Fast-paced tracking shot. Amidst the chaotic shifting of metal plates, the driver is thrown out of the transforming tank. He tumbles onto the dusty ground as the machine finishes shifting into a giant, robotic eagle, kicking up dirt. 08-11s: The Mount Action shot. The driver quickly scrambles to his feet. Showing no fear, he charges at the colossal beast, grabs onto the shifting side panels, and athletically vaults himself high into the air, landing squarely on the eagles metallic back. 11-14s: The Hero Pose Low angle, epic hero shot. The man straddles the giant robotic eagle like a rodeo rider, gripping the armor tightly. The mechanical eagle stands aggressively, jaws open in a fierce roar. A cinematic lens flare hits the lens, highlighting the sheer scale of the machine.

23 Transformer — Double-Decker Bus Sentinel (London)

■ VIDEO PROMPT

A red double-decker bus is parked on a fog-drenched street beside the Thames on the outskirts of London. The bus begins to violently disassemble and reorganize from the inside out, transforming into an imposing, authoritarian Cybertronian mechanical giant sentinel robot. 00-02s: The Setup Crane shot descending slowly through thick fog, revealing the bus below. A double-decker bus, headlights cutting pale cones through the mist, slowly rolls forward along rain-slicked cobblestones under a moonlit sky. Cold blue moonlight reflects off every wet surface while warm amber streetlamps glow in the background fog. The tone is grounded and realistic. 02-05s: The Transformation Begins 360-degree orbiting camera at high speed, tilting from low to high as the robot rises. The bus violently bursts open. The upper deck peels apart as a massive, metallic crimson head with a crown-like crest and glowing white eyes ascends from within. Moonlight catches each piece of flying metal as the stairwell, seat frames, engine block, and double-deck structure rapidly fold, spin, and reconfigure into towering mechanical legs, a regal armored torso, and long arms ending in open-palmed hands crackling with electricity. Rain streaks through volumetric light beams, every droplet illuminated. 05-08s: The Ejection Tracking shot on a lateral dolly, camera punching in during the impact. Amidst the chaotic shifting of metal plates, the driver is thrown through the folding front windshield of the transforming bus. The camera follows her in a continuous take as she crashes across the wet cobblestones, skidding through a reflection of the moon. The machine finishes shifting into a giant, two-legged robotic sentinel, standing perfectly upright with terrifying stillness, streetlamp light glowing warm on one side, cold moonlight on the other, splitting the robot in a dramatic half-light. 08-11s: The Mount Steadicam charging forward with the actor, then tilting up as she climbs. The driver quickly scrambles to her feet. Showing no fear, she charges at the colossal robot, boots splashing through puddles that reflect its glowing eyes. She grabs onto the shifting knee plating, and athletically vaults herself upward, the camera rising with her in a single unbroken vertical tilt, landing squarely on the robot's broad metallic shoulder. 11-14s: The Hero Pose Ultra-low angle, camera almost on the ground, shooting up through the fog. The woman stands on the giant robot's shoulder like a queen commanding her throne, gripping the armor tightly. The mechanical sentinel stands aggressively, one palm raised and crackling with white lightning that illuminates the fog in strobing flashes. Rain pours down its crimson plating. A cinematic lens flare refracts through the raindrops on the lens, highlighting the sheer scale of the machine.

24 Transformer — Garbage Truck Titan (Manila)

■ VIDEO PROMPT

A garbage truck is parked in a flooded, trash-strewn lot on the outskirts of Manila. The garbage truck begins to violently disassemble and reorganize from the inside out, transforming into a hulking, ruthless Cybertronian mechanical giant robot. 00-02s: The Setup Wide shot, eye-level. A garbage truck, hydraulics groaning, slowly rolls forward through puddles of murky water under a muggy, tropical sky. The tone is grounded and realistic. 02-05s: The Transformation Begins Dynamic VFX Action Shot. The garbage truck violently bursts open. The compactor splits as a massive, metallic olive-green head with a heavy jaw plate and glowing amber eyes pushes upward. The truck bed, hydraulic arms, and axles rapidly fold, spin, and reconfigure into towering mechanical legs and enormous crushing fists wrapped in compactor plating. 05-08s: The Ejection Fast-paced tracking shot. Amidst the chaotic shifting of metal plates, the driver is hurled out of the transforming truck. He crashes into a mound of wet refuse as the machine finishes shifting into a giant, two-legged robotic titan, rising to full height and shaking the ground with each step. 08-11s: The Mount Action shot. The driver quickly scrambles to his feet. Showing no fear, he charges at the colossal robot, grabs onto

the shifting knee plating, and athletically vaults himself upward, climbing the leg armor and landing squarely on the robot's massive metallic shoulder. 11-14s: The Hero Pose Low angle, epic hero shot. The man perches on the giant robot's shoulder like a commander atop a war machine, gripping the armor tightly. The mechanical titan stands aggressively, fists clenched, chest plates splitting open to reveal a glowing reactor core. A cinematic lens flare hits the lens, highlighting the sheer scale of the machine.

25 First-Person Dragon Battle Flight (JSON)

■ VIDEO PROMPT

```
{
  "title": "Cinematic First-Person Dragon Battle Flight",
  "style": "epic fantasy cinematic, ultra-realistic",
  "camera": {
    "perspective": "first-person POV of a dragon",
    "shot_type": "continuous aerial combat shot",
    "lens": "wide anamorphic fantasy lens",
    "focal_length": "14mm",
    "motion": [
      "massive swooping dives",
      "violent barrel rolls",
      "powerful wing beats"
    ]
  },
  "scene": {
    "environment": "medieval battlefield at sunset",
    "details": [
      "burning siege towers",
      "soldiers below",
      "catapults firing",
      "smoke columns"
    ]
  },
  "action": {
    "movement": [
      "dragon dives toward battlefield",
      "flies low over armies",
      "ascends sharply above castle walls"
    ],
    "events": [
      {
        "type": "fire_breath",
        "description": "dragon unleashes massive wall of fire"
      },
      {
        "type": "arrow_storm",
        "description": "thousands of flaming arrows rush toward camera"
      }
    ]
  }
}
```

26 Bird-Hop Skyline Run

■ VIDEO PROMPT

Hyper-realistic live-action cinematic video of [INSERT CHARACTER/IMAGE REFERENCE], a young man sprinting through the air above a busy modern city street. He moves impossibly fast, jumping from one flying bird to another, using pigeons and crows as stepping points while racing across the skyline.

The camera tracks him in an epic fast-action chase shot, weaving between tall buildings, traffic lights, rooftops, and glass towers. Each time his foot lands briefly on a flying bird, he launches forward with explosive speed, hopping from pigeon to crow to pigeon in rapid succession. The birds scatter and flap wildly as he uses them to stay airborne.

Below, pedestrians stop in the middle of sidewalks and crosswalks, staring upward in confusion and shock. Some point at him, others drop their bags or pull out phones, while cars slow down and people gather in disbelief.

Dynamic aerial tracking camera, fast forward momentum, intense parallax between buildings, realistic bird movement, wind rushing through his clothes and hair, city chaos below, shocked crowd reactions, cinematic realism, high-speed supernatural parkour, epic urban action sequence, bright daylight, real movie style.

27 Laundromat Finger-Flick

■ VIDEO PROMPT

Hyper-realistic live-action cinematic one-take video inside a dimly lit laundromat at night. A young man [INSERT CHARACTER/IMAGE REFERENCE] sits cross-legged on a chair, swiping on his phone. He wears a grey oversized sweatshirt, loose dark pants, and casual sneakers. Rows of large industrial washing machines and dryers glow with warm amber light behind their round glass doors. Cool fluorescent overhead lighting mixes with the warm machine glow, creating a quiet late-night urban atmosphere with an indie film aesthetic and muted colors.

The camera slowly pushes in toward the young man as he looks directly at the camera with a bored, nonchalant expression. Suddenly, the camera whip-pans to the right in the same continuous shot, revealing three masked robbers smashing through the laundromat door and rushing inside with aggressive movements. Without standing up, he raises one hand lazily toward the robbers. The camera pushes into an extreme close-up of his fingers in slow motion. He flicks the air once.

The single finger flick creates a devastating invisible pressure wave. The air distorts violently, glass doors rattle, dust and loose papers explode outward, and all the robbers are blasted and exploded into thin air, crashing through the entrance and slamming into debris in the laundromat. The impact is intense, shocking, and cinematic.

The camera stays in one continuous unbroken take, drifting back to the young man as the laundromat settles. He calmly lowers his hand, sits cross-legged again, pulls out a chocolate bar, unwraps it, and takes a bite with the same bored, nonchalant expression.

Single continuous shot, no camera cuts, no montage, no scene transition, slow push-in, whip pan, extreme close-up hand shot, slow-motion finger flick, invisible air-pressure blast, realistic physics, dynamic camera movement, warm amber washing-machine glow, cool fluorescent lighting, muted indie film palette, hyper-realistic live-action, cinematic supernatural action, quiet confidence, intense but controlled impact.

28 Battlefield Lollipop — Super-Speed

■ VIDEO PROMPT

Hyper-realistic live-action cinematic video of [INSERT CHARACTER/IMAGE REFERENCE], a young man walking casually into an active battlefield while holding a lollipop in his mouth. Around him, soldiers in tactical combat gear fire rifles from every direction, muzzle flashes lighting up the smoke-filled battlefield.

The young man remains completely calm, walking forward with relaxed confidence. Time begins to slow around him. In a dramatic close-up, bullets fly past his face in ultra slow motion, spinning through the air as he casually turns his eyes to watch one pass inches away. His expression stays effortless and unfazed.

Suddenly, he moves at impossible super speed. The world around him remains frozen in slow motion while only the young man moves at full speed. He dashes from enemy to enemy in rapid bursts, leaving motion trails behind him. Each strike lands with explosive force.

Between every super-speed dash, the scene shifts into extreme slow motion: his fist connecting with an enemy's armor, shockwaves rippling through the air, dust lifting from the ground, weapons flying from soldiers' hands, and bodies being knocked backward without gore. Then he instantly vanishes into another speed burst toward the next attacker.

The camera moves dynamically through the battlefield, orbiting around the young man during slow-motion punches, then snapping into fast tracking shots during his speed dashes. Bullets hang in the air, explosions bloom slowly in the background, sparks and dust drift through golden battlefield light, while the young man casually keeps the lollipop in his mouth.

Super high-action scene, real movie cinematography, blockbuster realism, speed-ramp editing, bullet-time slow motion, super-speed combat, dynamic orbiting camera, fast tracking shots, intense battlefield chaos, realistic smoke, debris, muzzle flashes, cinematic lighting, powerful impact choreography, epic action sequence, hyper-realistic live-action style.

29 Football Poster Collage

■ IMAGE PROMPT

Editorial football poster in a handmade scrapbook collage style. A single footballer @[Image 1](image_1) seen from behind, head turned over his shoulder, dark national-team kit, oversized number 10, captain's armband, worn match boots.

The footballer is a black-and-white halftone paper cutout sticker with rough torn white edges, photocopy grain, screen-print texture, crushed blacks, imperfect ink bleed. Centred on a weathered cobalt-blue poster-paper background with folds, creases, grain, water stains and scuffs.

Thin hand-drawn white scribble lines loop around the player like movement trails. Vertically stacked handwritten marker typography down both sides, loose, like a zine cover. Minimal, premium, spacious, lots of blue negative space.

Style: screen-printed sports zine, risograph poster, torn-paper collage, vintage photocopy texture, matte finish, monochrome subject against saturated royal-blue.

■ VIDEO PROMPT

Animate this football poster as a high-energy collage motion graphic. Preserve the flag background, paper creases, halftone cutout, torn outline and handwritten type. The striker comes alive as a layered paper cutout, not realistic live action.

0.0-0.7s poster wakes up: flag ripples like paper, white contour lines trace themselves in, slow push-in.

0.7-1.4s layers separate: the cutout pops off the page like a sticker, halftone flickers, marker text wobbles.

1.4-2.1s ball enters: a paper football slides in, he reacts and starts to rise.

2.1-3.0s wind-up: rises into an attacking stance, leg pulls back, contour lines swirl like tactical paths.

3.0-3.5s impact: smashes the ball with white speed streaks, torn-paper trails, halftone motion blur, plus a zoom punch and camera shake.

3.5-4.5s aftermath: paper fragments and ink burst outward, contour lines whip around.

4.5-5.6s celebration: back into the iconic pose, the badge stamps into place.

5.6-6.8s hero frame: everything settles, contour lines finish drawing.

ATOMIC GAMES

Seedance 2.0 Prompt Library · built with Higgsfield