



ScreenFlow 3 keyboard shortcuts

Editing (In Preview area):

Resize while maintaining aspect ratio	shift-mouse
Crop object	control-mouse
Scale selected object(s)	mouse-wheel
Temporarily toggle snapping	command
Set Preview area to natural size	alt-command-0
Zoom in Preview area	command-=
Zoom out Preview area	command--
Toggle snapping to guide lines	ctrl-N
Paste style	alt-command-V
Paste and match style	alt-shift-command-V
Nudge item on canvas	arrow keys

Editing (In Timeline area):

Play presentation	J, space bar
Move scrubber to previous clip start/end	; (semi-colon)
Move scrubber to next clip start/end	' (single-quote)
Insert Marker at scrubber position	` (backward-quote)
Delete Marker at scrubber position	shift-~
Next Marker	shift-up arrow
Previous Marker	shift-down arrow
Trim front of selected clip(s) to the scrubber position	w
Trim end of selected clip(s) to the scrubber position	e
Insert In Point	i
Insert Out Point	o
Move scrubber to in point	shift-I
Move scrubber to out point	shift-O
Ripple delete between current In/Out Points	command-backspace
Extend selection in layer	shift-click
Select all clips	command-A
Deselect all clips	shift-command-A
Select all clips on a track	double-click track control bar
Create/Extend In/Out point selection	shift-drag in header
Forward one frame	right-arrow
Backward one frame	left-arrow
Forward one second	shift-right-arrow
Backward one second	shift-left-arrow
Nudge clip on timeline] and [
Select all actions in the clip	double-click any action in clip
Move scrubber to start of presentation	Home
Move scrubber to end of presentation	End

Resize timeline to fit visible area	shift-Z, ctrl-T
Toggle live audio scrubbing	shift-S
Zoom in timeline	=
Zoom out timeline	-
Add video action	command-K
Add callout	command-L
Add screen recording action	command-R
Add audio action	alt-command-U
Insert Annotations clip	alt-command-T
Split clip	T
Add freeze frame	shift-command-F
Lock/unlock clip	alt-command-L
Group clips	command-G
Ungroup clips	command-U
Adjust the clip duration	drag on clip end
Adjust the clip speed	alt-drag on clip end
Toggle snapping to guide lines	ctrl-N
Paste audio properties	alt-command-A
Paste callout properties	alt-command-C
Paste video properties	alt-command-I
Paste screen recording properties	alt-command-S
Insert media at scrubber position	shift-command-V

Record & Export:

Record	Command-shift-2 (default)
Pause recording	Shift-` (default)
New recording	command-N
Open recording document	command-O
Add additional recording to current document	shift-command-R
Hide ScreenFlow windows	command-H
Hide other windows	alt-command-H
Export as video	command-E
Open help window	command-?

Inspector:

Show Video Properties	command-1
Show Audio Properties	command-2
Show Screen Recording Properties	command-3
Show Callout Properties	command-4
Show Annotations Properties	command-5
Show Text Properties	command-6
Show Media	command-7

Please note: Some keyboard shortcuts may not perform as expected when another software program (such as Keynote) is running full screen.