

THE AI RESCUE KIT MANUAL

A Practical Manual for Navigating Seedance Video Edits

Version: 2.2.2

WELCOME

Stop generating when layout, subject, and pace work. Download the raw video file immediately. That file is your baseline asset. Open the Edit mode in your software tool. Run exactly one targeted change per pass. Watch the whole clip from start to finish after every single run. Type your text layers and mix your final sound files directly inside CapCut, Premiere, or Resolve. Local editing reduces visual drift, but it does not freeze every pixel on the screen.

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1. WHEN TO STOP GENERATING

A fresh generate is a creative lottery. A spectacular first render can still contain a broken background detail, an imperfect logo, or a bad opening frame.

The costliest mistake an entrepreneur can make is changing a few words in the text box and hitting "Generate" again to fix that one tiny error. Because AI engines are probabilistic, a full re-roll forces the machine to recalculate the entire asset from scratch. You often lose face, light, or energy you originally fell in love with.

The Rule: Stop generating once the overall layout, subject presence, and motion pacing are good. Download that raw `.mp4` file immediately. That file is now your untouchable visual anchor—your **Baseline Asset**. Seedance 2.5 contains a local frame-redraw pathway (the Edit track) specifically designed to modify existing clips without rebuilding the whole video.

2. FILE HYGIENE

Do not ask the AI model to copy files or manage your desktop. File safety happens locally on your hard drive, handled by you, the human editor.

- **Step 1:** Take your downloaded baseline asset and rename it immediately:
`ProjectName_BASELINE_DO_NOT_TOUCH.mp4`.
 - **Step 2:** Never upload or edit that baseline file directly. Before running an edit pass, duplicate the file to create a numbered working copy on your drive: `ProjectName_V01_edit.mp4`, then `ProjectName_V02_edit.mp4`.
 - **Step 3:** If an editing pass introduces a strange visual artifact or "melts" a frame, simply discard that specific working copy, duplicate your last clean file version, and go back.
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3. WHICH MODE TO OPEN

Modern AI video hosts move their user interface buttons around constantly, but the underlying system architecture always relies on three fundamental task states:

- **Generate / Reference:** Open this mode only when you are creating a net-new clip out of thin air or relying on a static image to invent a video scene.
 - **Edit:** Open this mode when your clip is mostly right and one thing is wrong. Select Edit so the host executes a frame-local redraw rather than treating it as a new generation lottery.
 - **Extend:** Open this mode when your clip is right but too short. Extend tries to continue the motion; watch the join line closely for unexpected shifts.
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4. THE ONE-CHANGE PROMPT FORMULA

When performing a local edit pass in Seedance, your prompt should never contain programming code or stacked fixes. Your prompt must follow a strict, human-readable, 4-line structural formula designed to change one single thing at a time:

1. **Name the Master Source:** Explicitly tag @Video1 as your sole master input layer.
2. **Declare the Command Type:** Explicitly state the word "Edit".
3. **Isolate the One Change:** State exactly what to modify and precisely when or where to do it.
4. **Enforce the Preservation Scope:** List every critical component that the model is strictly forbidden from moving or changing.

The Master Template

Edit @Video1. @Video1 is the sole master. [When/Where timestamp window], [State the exact single adjustment]. Keep identity, wardrobe, product shape, hands, camera move, lighting, motion, and duration unchanged.

Crucial Principle: If you have separate visual corrections to make, do not combine them. Run separate, successive passes—V01 and V02. Localizing your edits reduces drift. It does not freeze every single pixel. Watch the full clip after every pass.

5. REAL-WORLD WORKED EXAMPLES

Example A: Adjusting the First Frame (Thumbnail Anchor)

Edit @Video1. @Video1 is the sole master. Change only frame 0 through the first cut so the opening composition matches this reference still: @Image1. Keep identity, wardrobe, product shape, hands, camera move, lighting, motion, and duration unchanged. Do not add frames before the story begins.

Example B: Erasing a Warped Logo or Background Detail

Edit @Video1. @Video1 is the sole master. From 00:04 to 00:07 only, remove the warped logo on the back wall. Keep identity, wardrobe, product shape, hands, camera move, lighting, motion, and duration unchanged. Do not crop, blur, or rebuild the rest of the frame.

Example C: Adding a Lower-Third Text Overlay (Compliance Captions)

Edit @Video1. @Video1 is the sole master. From 00:01 to 00:08, add this exact line as a lower-third caption, character for character, with no extra punctuation: Results are not typical. Use white bold type with a dark outline. Do not cover the product or the face. Keep identity, wardrobe, product shape, hands, camera move, lighting, motion, and duration unchanged.

Design Note: If typography smears or requires pristine corporate tracking, always favor burning captions natively inside an editor like Resolve, CapCut, or Premiere.

6. WHAT YOU MUST NEVER ASK THE MODEL TO DO

To keep these tasks entirely outside of your generative text prompt inputs:

- Never tell the AI to copy files, strip audio, or create a silent master clip. Handle this locally inside a traditional video editor.
 - Never use system commands like "do not write new file data" or mention SHA-256 hashes. The model cannot access your hard drive and will try to visually interpret those words, breaking your pixels.
 - Never try to pass logic flags like IF [FLAG] == TRUE or TRIGGER [BYPASS_STATE]. If an edit step does not apply to your project requirements, simply do not run a pass. Skip the step entirely.
 - Never pass complex voice-over timing arrays or loudness metrics into the text generator. Handle speech arrays during your post-production finishing steps.
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7. FINISHING IN YOUR VIDEO EDITOR

Seedance builds picture and sound together on your very first generate pass. The moment you finish modifying your video clips via your edit passes, stop sending the clip back through the AI engine for sound. Lay voice and music onto a traditional video editor timeline (Resolve, CapCut, or Premiere).

- **Dialogue Placement:** Lay down your professional voiceover tracks and Text-To-Speech (TTS) components directly on your timeline. Ensure instructional voice tracks never overlap or crowd each other.
- **Audio Ducking:** Place your background instrumental track on an independent channel and lower its volume levels natively by 10-12dB during heavy dialogue sequences.
- **Platform Loudness Targets:** Run your completed file through your editor's built-in audio meter presets to lock in standard target metrics:

- **YouTube / TikTok / Instagram Reels:** Master near **-14 LUFS** integrated loudness with a true-peak ceiling limit of **-1 dBTP**.
 - **Podcasts / Audio-Only Content:** Master near **-16 LUFS** integrated loudness with a true-peak ceiling limit of **-1 dBTP**.
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8. WHEN TO TRASH THE CLIP AND RE-ROLL

Local editing fixes minor structural flaws, but it cannot cure a fundamentally broken base render. Cut your losses and hit the main "Generate" button again if your baseline clip suffers from these fatal errors:

1. The character's fundamental physical identity or wardrobe is wrong across the entire take.
2. Physical hand interactions, lip tracking, or basic structural physics are completely broken.
3. The core dramatic camera angle you require is completely missing from the clip.
4. Running successive edit passes continuously introduces major new visual glitches.

By default, your project workflow allows 1 initial generation and a maximum of 2 progressive edit passes. If you are about to stack three separate fixes into one prompt box, halt. On a retry generation pass, change exactly one variable at a time—a single prompt sentence, one alternative reference photo, seed, or duration constraint.

9. QUICK-REFERENCE CHEAT SHEET

Follow this sequential human checklist for every corporate or commercial video project:

- **Step 1:** Save your raw generation download as your untouched master baseline (ProjectName_BASELINE_DO_NOT_TOUCH.mp4). Duplicate it locally to create your first working copy. Never skip.

- **Step 2:** Look at Frame 0. If the thumbnail sequence contains visual glitches, execute a localized opening-frame edit pass using a reference still. If clean, skip.
 - **Step 3:** Scan for warped corporate logos or background clutter. Execute a localized change prompt targeting only those timestamps. If clean, skip.
 - **Step 4:** Only add compliance text overlays inside the AI model if absolutely required; otherwise, favor generating clean typography directly inside your video editor.
 - **Step 5:** Watch the full video asset file from start to finish. If the pixel layers look clean, sign off on the visuals. Never skip.
 - **Step 6:** Move to your traditional video editor to layer clean voiceover, music beds, and clear graphical subtitles.
 - **Step 7:** Export your master file using standard platform audio meters (targeting -14 LUFS and a -1 dBTP ceiling for social media channels).
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