ScreenFlow keyboard shortcuts

EDITING (IN PREVIEW AREA)
- Resize while maintaining aspect ratio: mouse
- Resize with unlocked aspect ratio: shift-mouse
- Crop object: control-mouse
- Scale selected object(s): mouse-wheel
- Temporarily toggle snapping: command
- Set Preview area to natural size: option-command-O
- Zoom in Preview area: command-`
- Zoom out Preview area: command-`
- Toggle snapping to guide lines: ctrl-N
- Paste style: option-command-V
- Paste and match style: option-shift-command-V
- Nudge item on canvas: arrow keys
- Resize canvas: scroll-wheel
- Pan canvas: Space (hold)-mouse

EDITING (IN TIMELINE AREA)
- Play presentation: space bar
- Scrub backwards, stop, forward: J,K,L
- Fast backwards, Fast forward: JJ, LL
- Move scrubber to previous clip start/end: ; (semi-colon)
- Move scrubber to next clip start/end: ' (single-quote)
- Insert Marker at scrubber position: `
- Delete Marker at scrubber position: shift--
- Next Marker: shift-up arrow
- Previous Marker: shift-down arrow
- Trim front of selected clip(s): w
- Trim end of selected clip(s): e
- Insert In Point: i
- Insert Out Point: o
- Clear in and out Points: Option-Z
- 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 or fn-left-arrow
- Move scrubber to end of presentation: End or fn-right-arrow
- 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
- Insert Annotations clip: option-command-T
- Split clip (keep clip on left selected): T
- Split clip (keep clip on right selected): Shift-T
- Add freeze frame: shift-command-F
- Lock/unlock clip: option-command-L
- Group clips: command-G
- Ungroup clips: command-U
- Adjust the clip duration: drag on clip end
- Adjust the clip speed: option-drag on clip end
- Toggle snapping to guide lines: ctrl-N
- Paste audio properties: option-command-A
- Paste callout properties: option-command-C
- Paste video properties: option-command-I
- Paste screen recording properties: option-command-S
- Insert media at scrubber position: shift-command-V
- Nest Clips: option-command-N
- Lock Clips: option-command-L
- Resizer timeline: option-mouse-wheel
- Remove portion of freehand callout: option-select region

RECORD & EXPORT
- Record: Command-shift-2 (default)
- Pause recording: set in preferences
- 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: option-command-H
- Export as video: command-E
- Open help window: command-shift-/

OTHER
- Save As (only available in OS 10.8): Option-Select File Menu
- 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.