ScreenFlow 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	option-command-0
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	command-scroll-wheel

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	` (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
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
Resize 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.