



CURSEJOURNEY ULTIMATE SEEDANCE

2.0 VIDEO PROMPT GUIDE

This is your single reference for writing production-quality Seedance 2.0 prompts and this will work for any future top models as well.

1. Core Philosophy

You are a director, not a describer. Seedance 2.0 understands instructions the way a real director would speak them. Write your prompt like a shot list — describe the scene, the action, and the mood, not technical camera specs.

Seedance 2.0 uses a **Dual-Branch Diffusion Transformer** — one branch handles spatial information (what things look like), the other handles temporal information (how things move over time). Vague prompts force both branches to guess. Structured prompts feed both branches clearly, producing dramatically better results.

What Seedance 2.0 Actually Understands

- **Physics accuracy** — objects fall, collide, and interact by real-world rules.
- **Fluid motion** — natural movement with proper momentum and timing.
- **Style consistency** — maintains visual coherence across all frames.
- **Native audio** — generates sound synchronized to visuals.

Key insight: Describe physical interactions, not just appearances. "The tires smoke as the car drifts 90 degrees" gives the physics engine something to work with.

2. The 6-Step Prompt Formula

[Subject], [Action], in [Environment], camera [Camera Movement], style [Style], avoid [Constraints]

Step	Element	Example
1. Subject	Who/what	"A young woman in a white dress"
2. Action	What happens	"Slowly turns around, breeze blowing the skirt"
3. Environment	Where	"in a seaside at dusk, golden glow"
4. Camera	How to shoot	"camera slow push-in"
5. Style	The feel	"style cinematic film tone, 35mm"
6. Constraints	What to avoid	"avoid jitter and bent limbs"

3. The Shot-Script Format (Advanced)

The highest-quality outputs use shot scripts with timecodes.

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```
【Style】 Denis Villeneuve Sci-Fi Epic, IMAX 70mm, desaturated teal-orange palette. 【Duration】 10 seconds

[00:00-00:04] Shot 1: The Scale (Extreme Wide Shot). A lone astronaut in a white spacesuit stands at the edge of
an enormous crater on Mars. Deep rumbling bass audio.

[00:04-00:07] Shot 2: The Discovery (Push-in to Close-up). Camera slowly pushes from the wide shot into a tight
close-up of the astronaut's helmet visor.

Consistent spacesuit design. Realistic Mars dust physics. ```
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### 4. The @Tag Reference System

#### Syntax Rules

- Images: @Image1 through @Image9 (Up to 9)

- **Videos:** @Video1 through @Video3 (Up to 3)
- **Audio:** @Audio1 through @Audio3 (Up to 3)
- **Total:** ≤ 12 files combined

🔑 **Golden Rule:** Always be specific about **which element** should be extracted. ✅ *Reference @Video1 for camera movement only. Character appearance references @Image1.*

## 5. The 8 Camera Movements

| Camera Type | Effect                        | Best For                   |
|-------------|-------------------------------|----------------------------|
| Push-in     | Camera moves toward subject   | Close-up emphasis          |
| Pull-out    | Camera moves away to reveal   | Environmental reveal       |
| Pan         | Horizontal movement           | Tracking subjects          |
| Tracking    | Camera follows movement       | Action scenes              |
| Orbit       | Camera rotates around subject | Product showcases          |
| Aerial      | High-altitude view            | Landscapes                 |
| Handheld    | Natural slight shake          | Documentary style          |
| Fixed       | Camera stays completely still | Focusing on subject action |

🔥 **Critical Rules:** 1. ONE primary camera instruction only. 2. Use rhythmic descriptions (slow, smooth), NOT technical specs. 3. Separate camera movement from subject movement.

## 6. Speed, Style & Lighting Keywords

**Lighting Keywords (HIGHEST LEVERAGE):** If you can only add ONE element to improve quality, add a lighting description (e.g., `golden hour`, `rim light`, `neon`, `backlit`).

**Words That KILL Quality:** - `fast` (alone) → Causes total chaos - `cinematic` (alone) → Too vague - `epic` → Model doesn't know what it means

## 7. Essential Negative Prompts

| Negative Prompt                     | Use Case              |
|-------------------------------------|-----------------------|
| <code>avoid jitter</code>           | All videos            |
| <code>avoid bent limbs</code>       | Character videos      |
| <code>avoid temporal flicker</code> | Long-duration videos  |
| <code>avoid identity drift</code>   | Character consistency |

## 8. Video Extension & Long-Form Chaining

To create longer videos (30s, 60s+), you **chain extensions**.

`CLIP 1: Initial generation → 15s CLIP 2: Upload Clip 1 as @Video1 → "Continue from @Video1..." → +10s CLIP 3: Upload Clip 2 as @Video1 → "Continue from @Video1..." → +10s`

**Critical Rules for Chaining:** 1. Extension prompts describe ONLY what happens next. 2. Every extension prompt starts with: `Continue from @Video1.` 3. Include explicit continuity instructions:

`Maintain same lighting and character.` 4. Use the same aspect ratio across ALL clips.

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## 9. Common Mistakes & Fixes

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| Mistake                 | Why It Fails                 | Fix                                    |
|-------------------------|------------------------------|----------------------------------------|
| Too vague               | Model guesses everything     | Specify breed, action, camera, setting |
| Wrong @tag numbering    | References non-existent file | Check upload order; tags start at 1    |
| Conflicting modalities  | Image = day, prompt = night  | Align prompt with reference content    |
| Overloaded (200+ words) | Key instructions diluted     | Keep under 150 words                   |
| Fast + fast + complex   | Guaranteed jitter            | Only ONE element can be "fast"         |

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## 10. Production Design Language Anchors

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Use specific industry-standard phrases for superior style results:

- **Naturalistic Film Print Emulation** (Grounded realism)
  - **DaVinci industrial-grade color grading** (Commercial work, premium product)
  - **Hollywood IMAX blockbuster quality** (Sci-fi, epic scale)
  - **35mm handheld film camera, natural grain** (Documentary realism)
  - **Cold documentary style, natural light** (Investigation, true-crime)
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