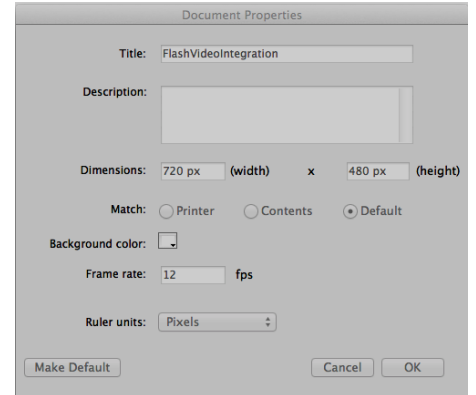# Flash Video Integration
Step-by-Step Guide

First, Set the Flash Stage Dimensions For Video:

- Main Menu / Modify Document: Width 720 Height 480
    - This stage size will allow you to import your Flash animation directly into Final Cut without having the edges of the animation cut off on the Viewer or Canvas.
- Place images in the Final Cut project folder and import into your Final Cut project. Note: Make sure you have the FC settings staring at the folder.

Creating the Animation:

1. **Import** the .png images to the Library.
2. Create 3 **Layers**: 1. Star Background, 2. Fighter, 3. DeathStar. Select the correct Layer and drag the corresponding symbol (image) onto the stage.
3. **Resize** each image by selecting the first frame of each layer, MM / Modify / Transform Scale. Then select frame 100 and change the size of the image to the size that you want. Eg. The Death Star is small on frame 1, but large on frame 100.
4. **Add Motion**: right click on any frame between frame 1 and frame 100 and select "Create Motion Tween." It is recommended that you not only add motion to the fighter and Death Star, but to the Star Background as well – this will add to the sense of movement.
5. **Export**: Main Menu / File / Export / Export Movie. Format must be "Quicktime."
Export the file to the Final Cut folder you created for the creation of this video. Make sure the F.C. settings are pointed at this folder. Import the Flash animation video (Quicktime) into your Final Cut project. Add the video to your timeline. Add and line up the sound effect of a jet fly by. When complete, Main Menu / File / Export / Quicktime Movie.

Timeline View:
Frame #1

Timeline View:
Frame #100