

Premiere Rush (macOS) cheat sheet

File menu

Cmd + N	New > Project
Option + Cmd + N	New > Sequence
Cmd + W	Close Project
Cmd + E	Share
Cmd + Q	Exit

Edit

Cmd + Z	Undo
Shift + Cmd + Z	Redo
Cmd + X	* Cut
Cmd + C	* Copy
Cmd + V	* Paste

Note (*): These keyboard shortcuts are applicable for cutting, copying, and pasting text titles only.

Cmd + A	Select All
Shift + Cmd + A	Deselect All

Clip menu

E	Separate Audio
S	Split
D	Duplicate
Backspace or Del	Delete
Cmd + D	Apply Transition

Sequence menu

G	Add Graphics
U	Add Voiceover
Y	Add Media
=	Zoom In
-	Zoom Out
\	Zoom to Fit
Cmd + Y	Snap
A	Play Audio while Scrubbing
Cmd + L	Loop

View menu

`	Maximize Preview
Cmd + 1	Graphics

Cmd + 2	Transitions
Cmd + 3	Color
Cmd + 4	Speed
Cmd + 5	Audio
Cmd + 6	Transform
Cmd + Right arrow	Next Tool
Cmd + Left arrow	Previous Tool
Cmd + T	Track Controls
Cmd + R	Expand Audio

Timeline

Down arrow	Go to Next Edit Point
Up arrow	Go to Previous Edit Point
Cmd + Down arrow	Go to End of Sequence
Cmd + Up arrow	Go to Beginning of Sequence
Space	Play/Pause
J	Shuttle Left
L	Shuttle Right
K	Shuttle Stop
Right arrow	Step Forward 1 Frame
Left arrow	Step Back 1 Frame
`	Full Screen
\	Fit Sequence
S	Split
Cmd + D	Apply Transition
Cmd + Y	Snap

Large preview

I	Mark In
O	Mark Out
Option + I	Clear In
Option + O	Clear Out
Option + X	Clear In and Out
Esc	Deselect all items
Enter	Back to grid view
Cmd + Enter	Add selection to timeline

Media Browser

Arrow keys	Navigate Keyboard Focus
Esc	Deselect All items
Enter	Enter Large Preview
Z	Select / Deselect Focused Asset
Cmd + A	Select All Assets in Folder
Cmd + Shift + A	Deselect All Assets in Folder
Cmd + Enter	Add Selection to Timeline

Source: Adobe

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More information: defkey.com/adobe-premiere-rush-macos-shortcuts

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