

# QuickTime Player (macOS) cheat sheet

## Basic tasks

Option + Cmd + N New movie recording

Control + Option + Cmd + N New audio recording

Control + Cmd + N New screen recording

Cmd + O Open file

Cmd + L Open location using a URL

Cmd + W Close window

Shift + Cmd + S Duplicate

Cmd + M Minimize window

Cmd + I Show Movie Inspector

Option + Cmd + P Show export progress

## Movie playback

Space Play or pause

Cmd + Enter Play or pause all movies

Left arrow Stop playback and go back one frame

Right arrow Stop playback and go forward one frame

Option + Left arrow Go to the beginning of a movie

Option + Right arrow Go to the end of a movie

Cmd + Left arrow Cycle through rewind speeds

Cmd + Right arrow Cycle through fast-forward speeds

Up arrow Turn volume up

Down arrow Turn volume down

Option + Up arrow Turn the volume up to the maximum level

Option + Down arrow Turn the volume down to the minimum level

Option + Cmd + L Loop the movie

## Movie playback gestures

While paused, swipe two fingers up or right: Scrub forward

While paused, swipe two fingers down or left: Scrub backward

While playing, swipe two fingers up or right: Skip

forward

While playing, swipe two fingers down or left: Skip backward

On a Force Touch trackpad, increase or decrease pressure to control speed: Fast forward

On a Force Touch trackpad, increase or decrease pressure to control speed: Rewind

Over the volume control, swipe two fingers up or right: Volume up

Over the volume control, swipe two fingers down or left: Volume down

## Change the view

Cmd + F Enter full-screen view

Cmd + F Exit full-screen view

Esc Exit full-screen view

Cmd + 1 Display movie at actual size

Cmd + 3 Fit the movie to the screen

Cmd + 4 Fill the screen with the movie

Cmd + 5 Display the movie in panoramic mode

Cmd + + Increase the movie size

Cmd + - Decrease the movie size

## Movie editing

Cmd + Z Undo

Shift + Cmd + Z Redo

Cmd + X Cut

Cmd + C Copy

Cmd + V Paste

Cmd + A Select all

Shift + Cmd + L Rotate left

Shift + Cmd + R Rotate right

Shift + Cmd + H Flip horizontally

Shift + Cmd + V Flip vertically

Cmd + Y Split clip

Cmd + T Trim

Source: Apple

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More information: [defkey.com/quicktime-player-macos-](https://defkey.com/quicktime-player-macos-)

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