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 or 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-shortcuts

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