Step-by-step guide

Edit your videos with Claude

Six steps from one talking-head take to a finished video. We follow one real reel the whole way, so you can copy each step as you go.

The six steps

Each step has its own page. You film and review. Every prompt goes into Claude, and Claude runs the tools.

0	**Connect your video folder to Claude** One-time setup per video, a couple of minutes	Claude
1	**Film yourself talking first** Your talking head tells Claude what the video is about	Claude
2	**Transcribe the take and cut every restart** A timestamp for every word, so cuts land clean	Claude runs Parakeet
3	**Give every line a move from your motion library** One thought per shot, nothing over your face	Claude runs your library
4	**Write captions that follow your sentences** Short phrases, low in the frame, never across a thought	Claude
5	**Mix the sound from one effects pack** A cue on every shot change, lined up on its peak	Claude runs ffmpeg
6	**Render a draft, review it, export the final** 720p drafts, notes per shot, full size when you say so	Claude runs Chromium

How each tool is used

Claude is the editor. You film and say yes or no. You only ever paste into Claude, and Claude runs everything else.

Claude

Reads your take, plans the shots, builds the edit and renders it

Keep one folder on your computer for each video
Claude saves and finds every file there, so nothing is lost between chats

Never let it edit the originals
You can always go back and re-cut from the raw take

Ask for the shot list as a table before it builds
You fix the plan in seconds, not after a render

Give short notes, one change each
Each new draft fixes exactly what you asked for

Parakeet, ffmpeg and Chromium

Free tools Claude installs and runs for you: transcript, cuts and sound, rendering

Transcribe with word timestamps
Every cut lands on a real word, never mid-syllable

Trim pauses over 0.45s down to about 0.18s
Tight pacing without clipping your words

Render frame by frame, not as a screen recording
No dropped frames or laggy graphics

Your motion library and sound pack

Named, reusable moves and one effects pack that Claude picks from

Give every move a code and a short spec
Claude picks moves by name, so every video looks like yours

Add a new move to the library before you use it
The next video gets it for free

One sound pack, no music unless you pick a track
Your videos sound the same every time

Step 0: Connect your video folder

Claude edits straight from the files on your computer. Give it one folder per video and the working rules once.

Do this in Claude

1 **Make one folder for the video.** Put your talking-head takes and B-roll clips in it. Ours is called “Claude reel”.

2 **Open the Claude desktop app and add the folder.** In a new chat, open the + menu beside the message box, choose Add folder and pick your video folder.

3 **Paste the working rules.** Claude follows them for the whole edit.

Copy this prompt
Paste it into Claude at the start of every video

You're editing my video from the folder I just connected. Working rules for every step: never edit my original files, copy them into a source folder first. Ask me before you delete anything. Show me the plan before you build. Draft at 720p first and only render full size when I say it's final. Work on one version at a time. Save finished videos in exports/ and remove old drafts once I approve the next one.

4 **Let Claude install the tools.** One time only. Parakeet writes the transcript, ffmpeg cuts and mixes, Chromium renders. All free.

Copy this prompt
Paste it once, before your first video

Set up the tools for editing my videos. Check for ffmpeg, Python, sherpa-onnx with the Parakeet TDT 0.6B v2 speech model, and Playwright with Chromium. Install anything that's missing. If one download source is blocked, find another official one. Then test each tool on a 5-second clip from my folder and tell me in one line each what's installed and working.

Step 1: Film yourself talking first

Your talking head is the brief. Once Claude hears what you say, it knows what the video is about and builds from there: B-roll, graphics and the shots you're missing.

Do this in Claude

1 **Film a talking-head take.** Say everything you want the video to cover, in one go. Stumbles and restarts are fine, step 2 cleans them up. Ours was two takes, 1:41 and 0:30, and became a 1:32 video.

2 **Add any B-roll you already have.** Drop it in the folder from step 0 with your take. You don't need to plan the rest: once Claude knows the script, it suggests the B-roll and graphics each line needs and gives you a list of shots to film.

3 **Hand it to Claude.** It copies the originals, makes working copies and tells you what's in each file.

Copy this prompt
Fill in the [brackets]

New video. My talking-head takes and any B-roll clips are in [folder]. Copy the originals into [folder]/source/[reel-name]/ and never edit them in place. Make 720p working copies and a 16 kHz mono WAV of each take for transcription. Then tell me how long each take is and what I talk about in each one, in two lines per take, and what each B-roll clip shows.

Step 2: Transcribe and cut every restart

Claude reads the whole take, keeps the last clean version of each sentence and drops the rest.

Do this in Claude

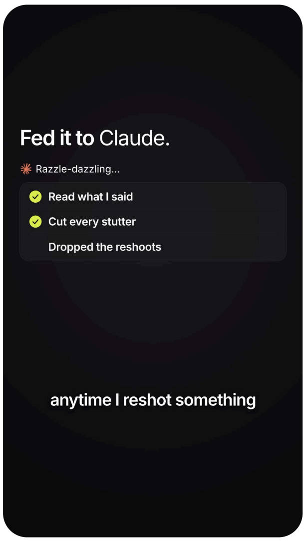
1 **Ask for a transcript and a cut list.** Parakeet gives a timestamp for every word. Claude audits the whole take, not just the obvious restarts.

Copy this prompt

Fill in the [brackets]

Transcribe each take in source/[reel-name]/ with sherpa-onnx Parakeet (word timestamps) and save words.json. Then build a cut list (edl.json): read the whole transcript, find every restart, repeat, dangling word and false start, and keep only the last clean version of each sentence. Trim pauses over 0.45s down to about 0.18s. End each cut on the word's real audio tail so nothing clips. Show me the cleaned script as plain text, then re-cut the clips and export a clean voice-over with no music or effects.

2 **Read the cleaned script, then say go.** Say which repeat to keep if you have a favourite. In our reel this step became its own shot: read what I said, cut every stutter, dropped the reshoots.



Step 3: Give every line a move

This is where it stops looking like a phone video. Claude splits the script into shots and picks a move for each.

Do this in Claude

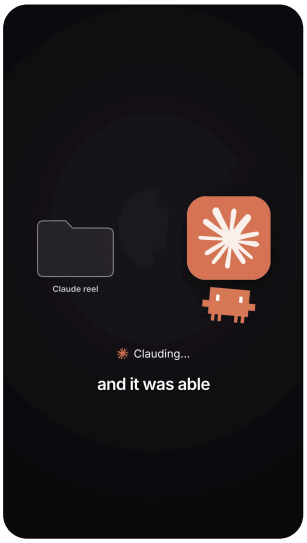
1 **Have a motion library.** A set of animated layouts written in HTML, each with a code and a short spec. Ours came from Claude studying reels we like, frame by frame.

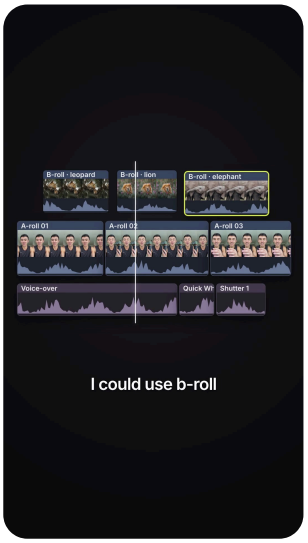
2 **Ask for the shot list.** Two rules sit inside the prompt: nothing over your face, and cover every look-away.

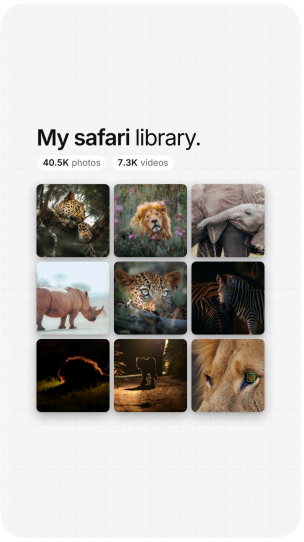
Copy this prompt
Fill in the [brackets]

Split the cleaned script for [reel-name] into shots, one thought per shot, with a new visual every 1 to 3 seconds. For each shot pick one move from my motion library in [library folder] and fill it with my takes, my B-roll clips and my own screen recordings only. Rules: no text of any size over my face (keep it below the chin, or blur me first); scan my eyes through the take and start a B-roll clip or graphic just before every look-away; morph or push between shots, never a dip to black; keep everything inside the 9:16 safe zone. Show me the shot list as a table (shot, time, move, line) before you build it.

3 **Check the table, then let it build.** Three moves from our reel: feeding Claude the clips, a timeline that shows where the B-roll lands, and the safari library counting up.







Step 4: Write captions that follow your sentences

Short phrases, low in the frame, breaking where you'd breathe.

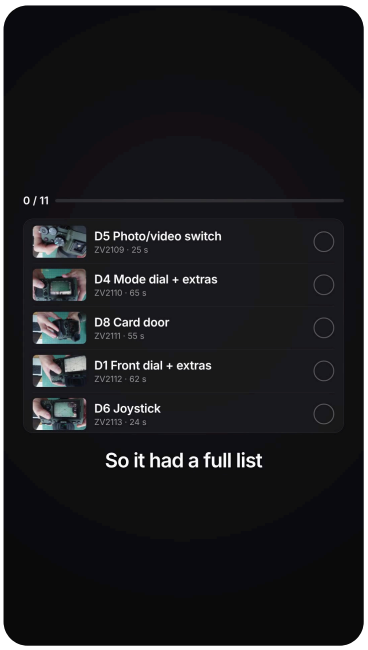
Do this in Claude

1 **Ask for phrase captions.** Three to six words, sentence case. A caption never carries a word from one thought into the next.

Copy this prompt
Fill in the [brackets]

Write phrase captions for [reel-name] from words.json: 3 to 6 words each, sentence case, no all-caps emphasis words. Break at . ? ! , and pauses. “So”, “And” and “But” open their own caption. No one-word orphans, and a caption never runs from one sentence into the next or across a shot change. Keep [any words with fixed spelling, e.g. brand or place names] exactly as written. Place them low, below my chin, and lift them above any overlay that takes the bottom of the frame.

2 **Check them over the shots.** Short, low, and never on top of your face or the shot's subject.



Step 5: Mix the sound

One pack of whooshes, risers and shutters. No music unless you pick a track.

Do this in Claude

1 **Put one sound effects pack in a folder.** We use the sound effects from Gaku's Creator Workflow Bundle (shop.gakuyen.com) and stick to it for every video.

2 **No pack? Have Claude make one, free.** It builds whooshes, risers and ticks from scratch with ffmpeg.

Copy this prompt
Fill in the [brackets]

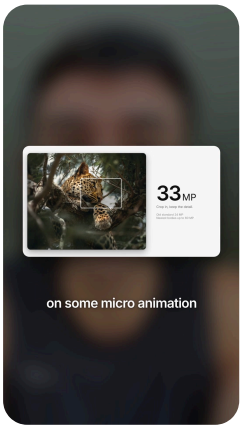
Make me a small sound effects pack with ffmpeg, from scratch, no downloads: three whooshes (short, airy, deep), a riser, a soft impact and a camera shutter tick. 48 kHz WAV, short fades, no clipping. Save them in [SFX folder] with clear names and send me one file with every sound in a row so I can listen.

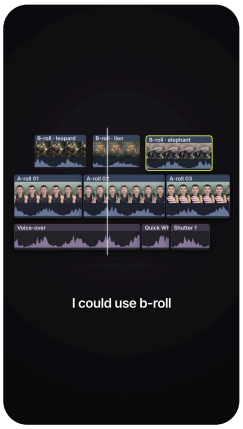
3 **Ask for the mix.** Claude lines each sound up on its peak, not its start, so the hit lands on the frame.

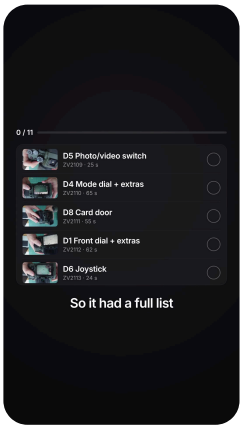
Copy this prompt
Fill in the [brackets]

Mix the sound for [reel-name]. Start from the clean voice-over. Use only effects from [SFX folder], no music. Put a cue on every shot change and on each animated moment inside a shot (blocks landing, rows ticking, counters starting). Align each effect on its peak so the hit lands on the frame, with a short fade in and out. Keep effects between -18 and -24 dB under the voice. Export one mixed track and tell me how many cues you placed.

4 **Moves get their own cues.** In our reel: a soft whoosh as each carousel card slides in, whooshes as B-roll lands on the timeline, shutter ticks as the shot list ticks off.







Step 6: Render, review, export

Quick 720p drafts you review on your phone, then the final at full size.

Do this in Claude

1 **Ask for a draft and a review page.** Claude renders frame by frame in Chromium and joins the frames and the mix with ffmpeg.

Copy this prompt
Fill in the [brackets]

Render a 720p draft of [reel-name] with the mix, save it in renders/ as [reel-name] v1.mp4, and publish a draft page that shows every shot with its time, move and line, where I can pick a different move or leave a note per shot. When I say it's final: apply the last picks, render at 1080×1920, save it in exports/, and delete the old drafts and scratch files.

2 **Watch the draft on your phone,** the way people will see it. Leave picks and notes on the draft page, and Claude renders the next version. Ours went through 11 drafts in one evening.

3 **Say it's final.** Claude renders the full-size reel and clears out the drafts. Ours ends on “this video itself was edited with Claude”.

What it costs

No per-video credits. Everything Claude runs is free and open source.

Item	What it does	Cost
Claude desktop app	Does the whole edit	Your Claude plan
Parakeet (sherpa-onnx)	Word-by-word transcript	Free
ffmpeg	Cuts, voice-over and mix	Free
Chromium + Playwright	Renders the reel frame by frame	Free
Sound effects pack	Whooshes, risers, shutters	A pack you buy, or free if Claude makes one
One finished reel		**Nothing extra beyond your plan and pack**

Read the full post

Every prompt to copy, the finished reel in motion, and this guide to download.

timmymoser.com/blog/how-claude-edits-my-videos

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