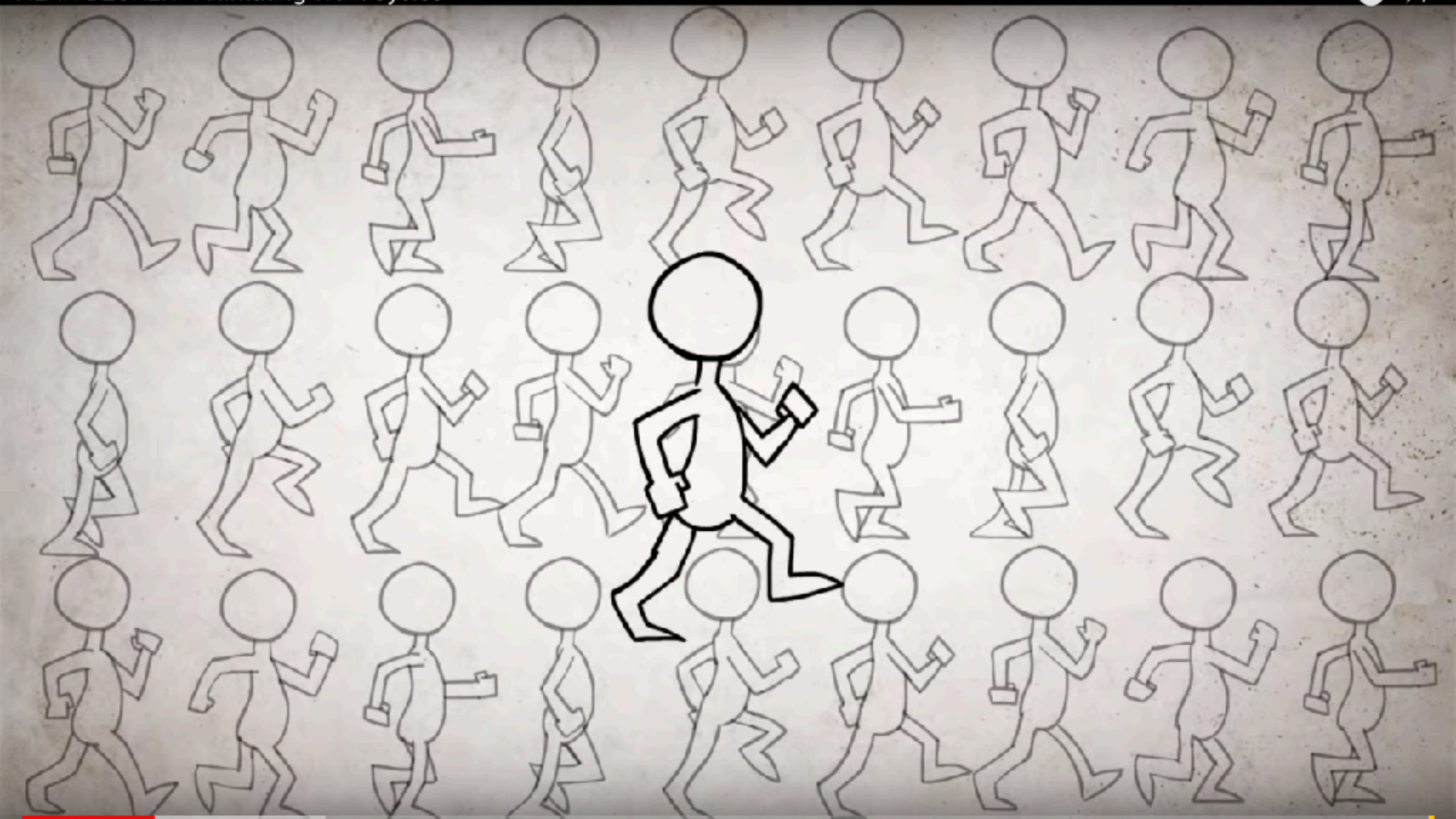
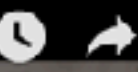


week 3: loops + gifs

## walk cycle

Traditionally, in a normal walk cycle animation a character takes **two steps** in 1 second (24 frames). But the first and the last step hook up into the same pose so that it can be looped again and again

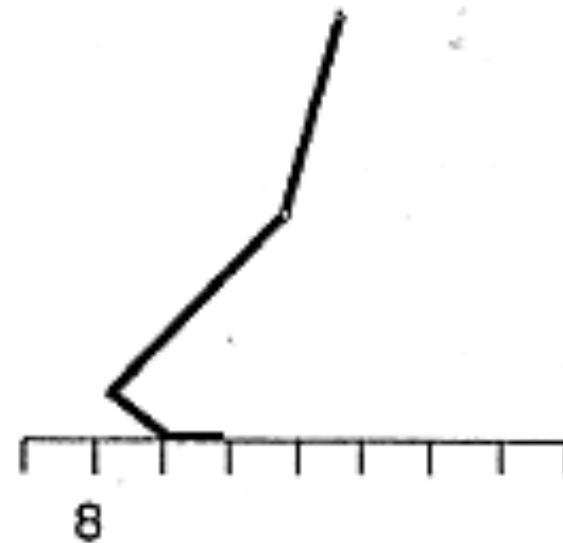
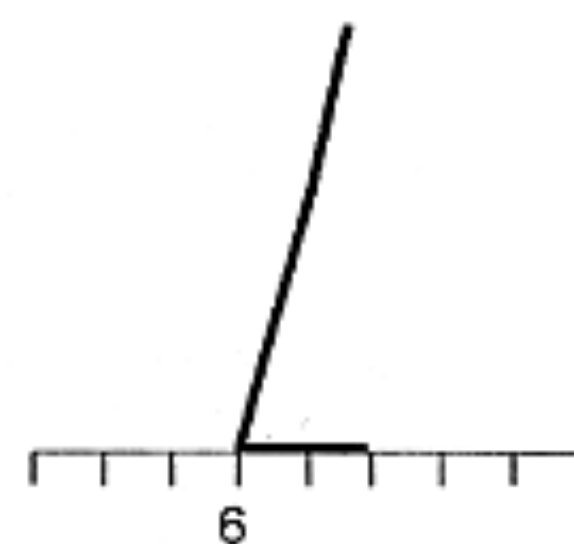
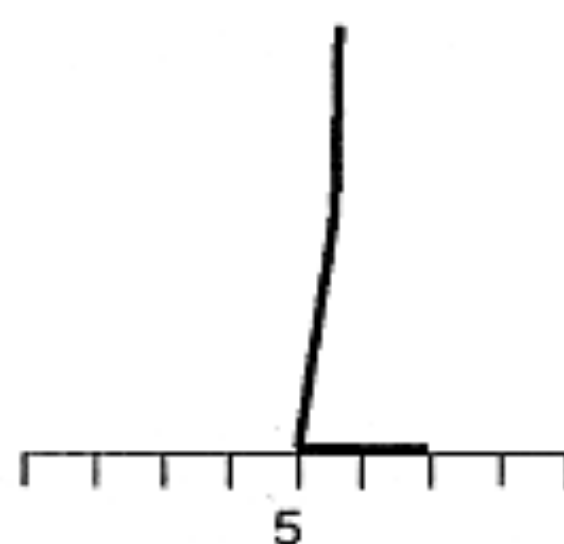
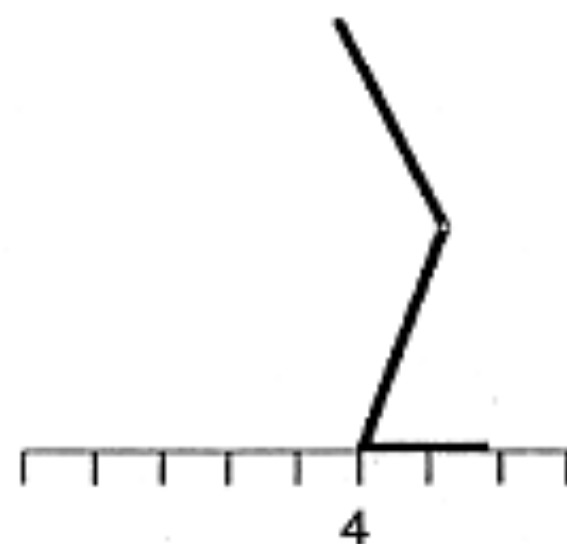
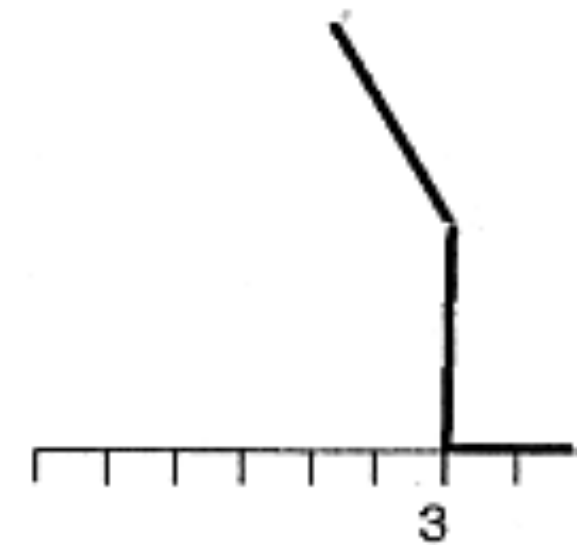
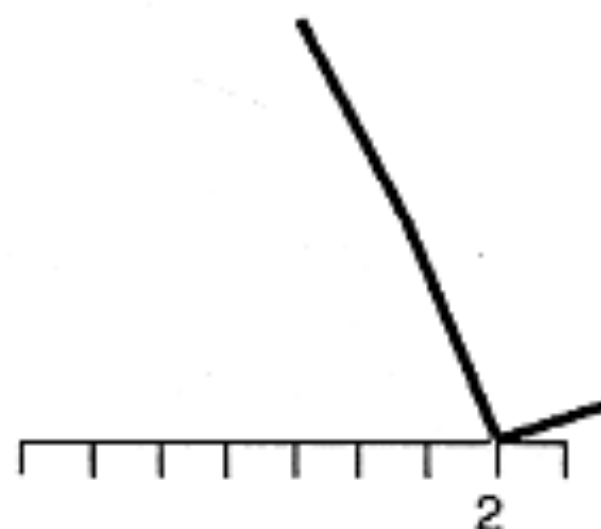
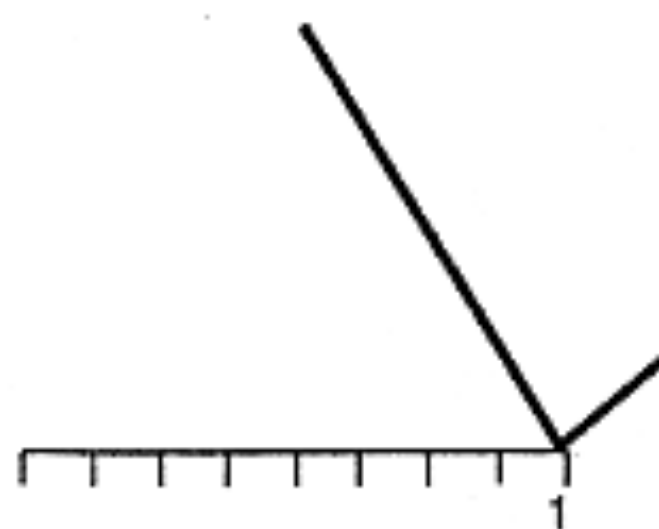


▶ ⏮ 🔊 0:21 / 3:52



Alan Bleckner  
[Walk Cycle](#)

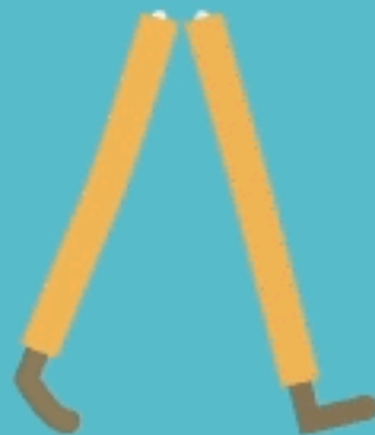
Here are the first nine leg positions evenly spaced to the heel position:



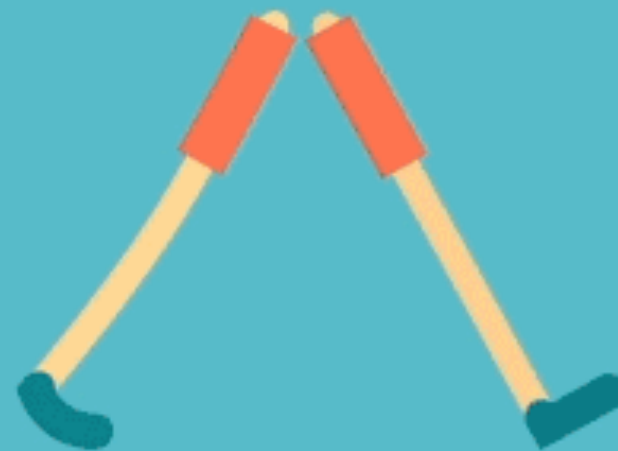
**HEAVY**



**SICK**



**LIGHT**

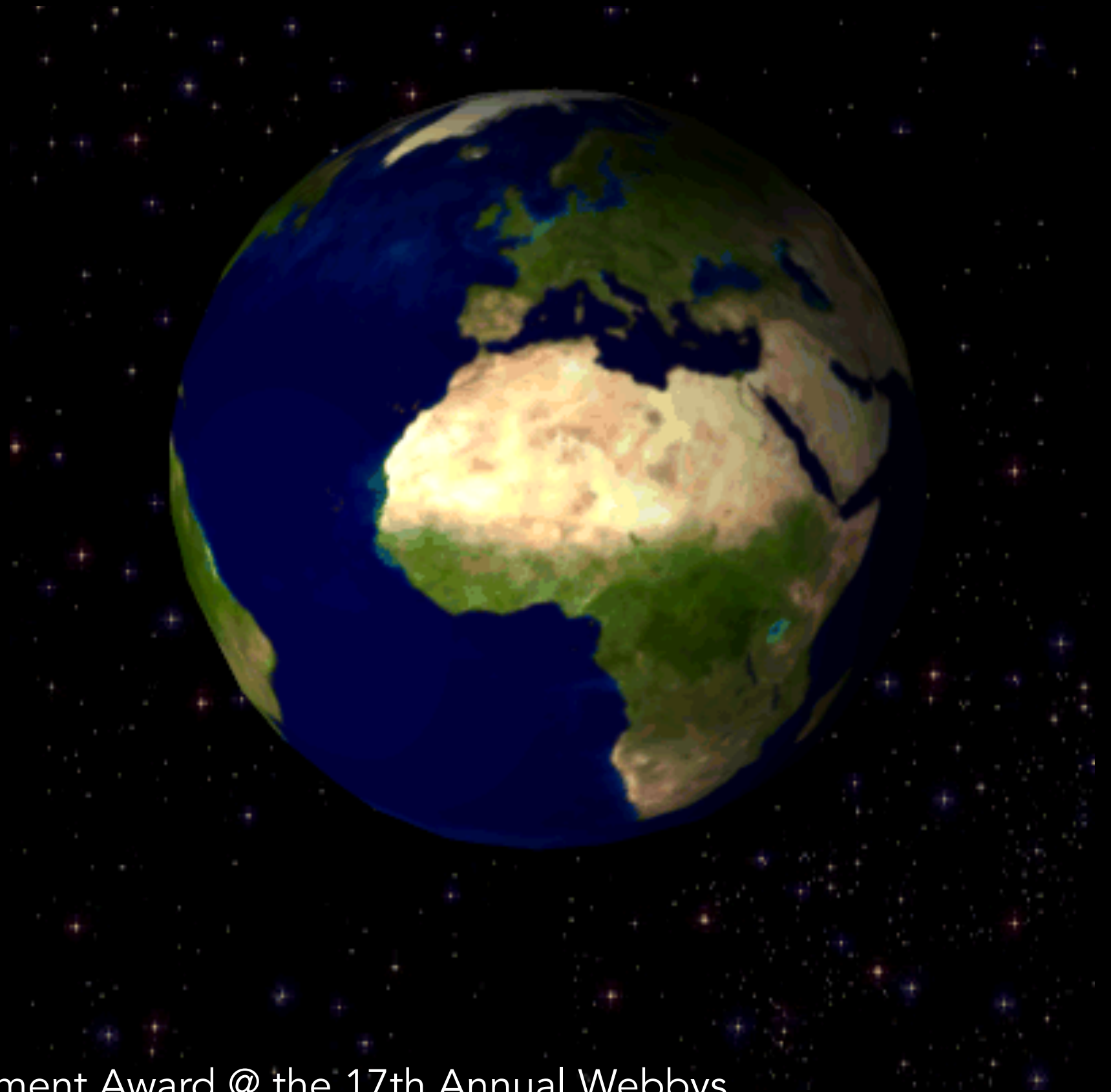


**COOL**



GIF

Graphic Interchange Format



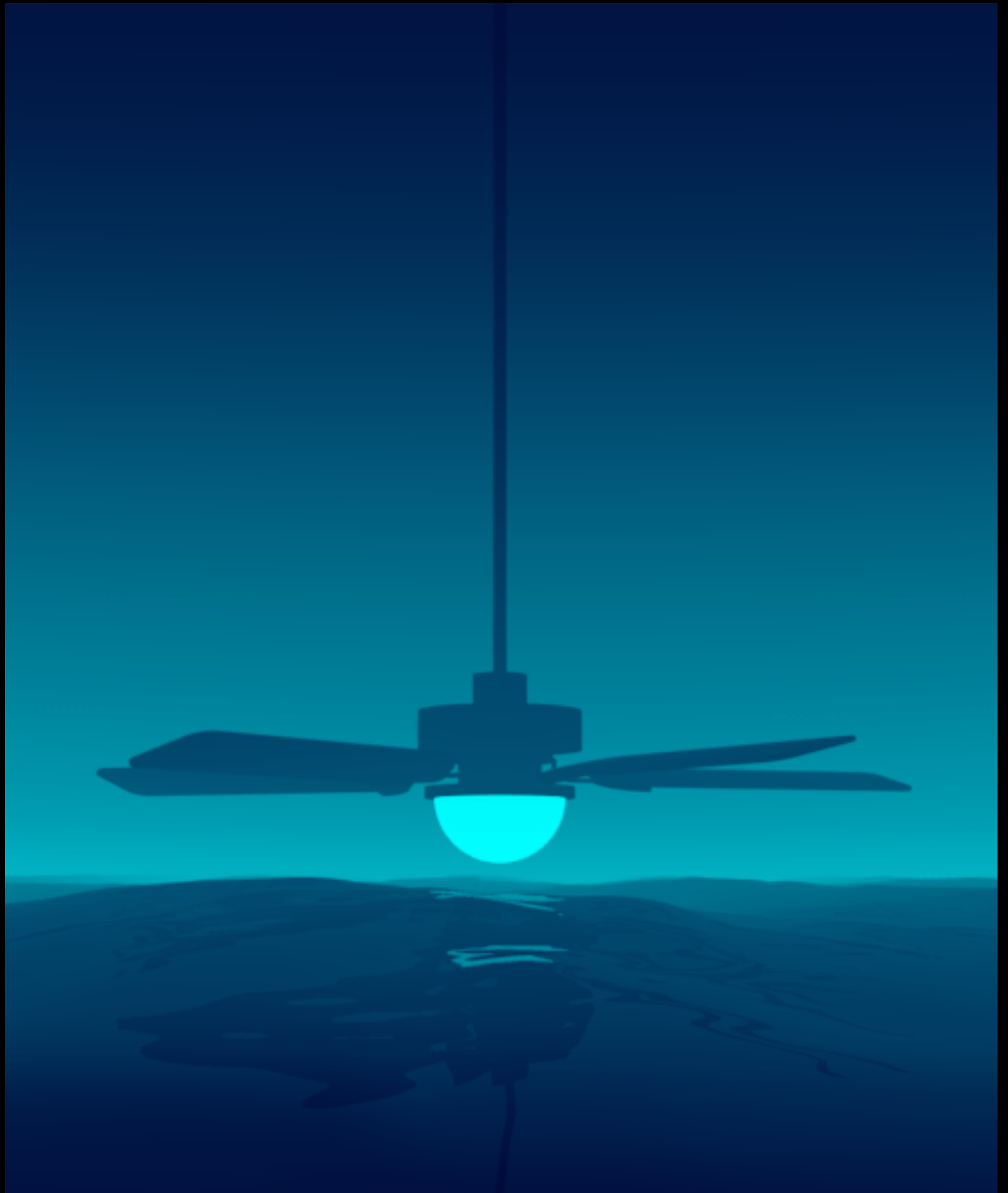
Steve Whilhite

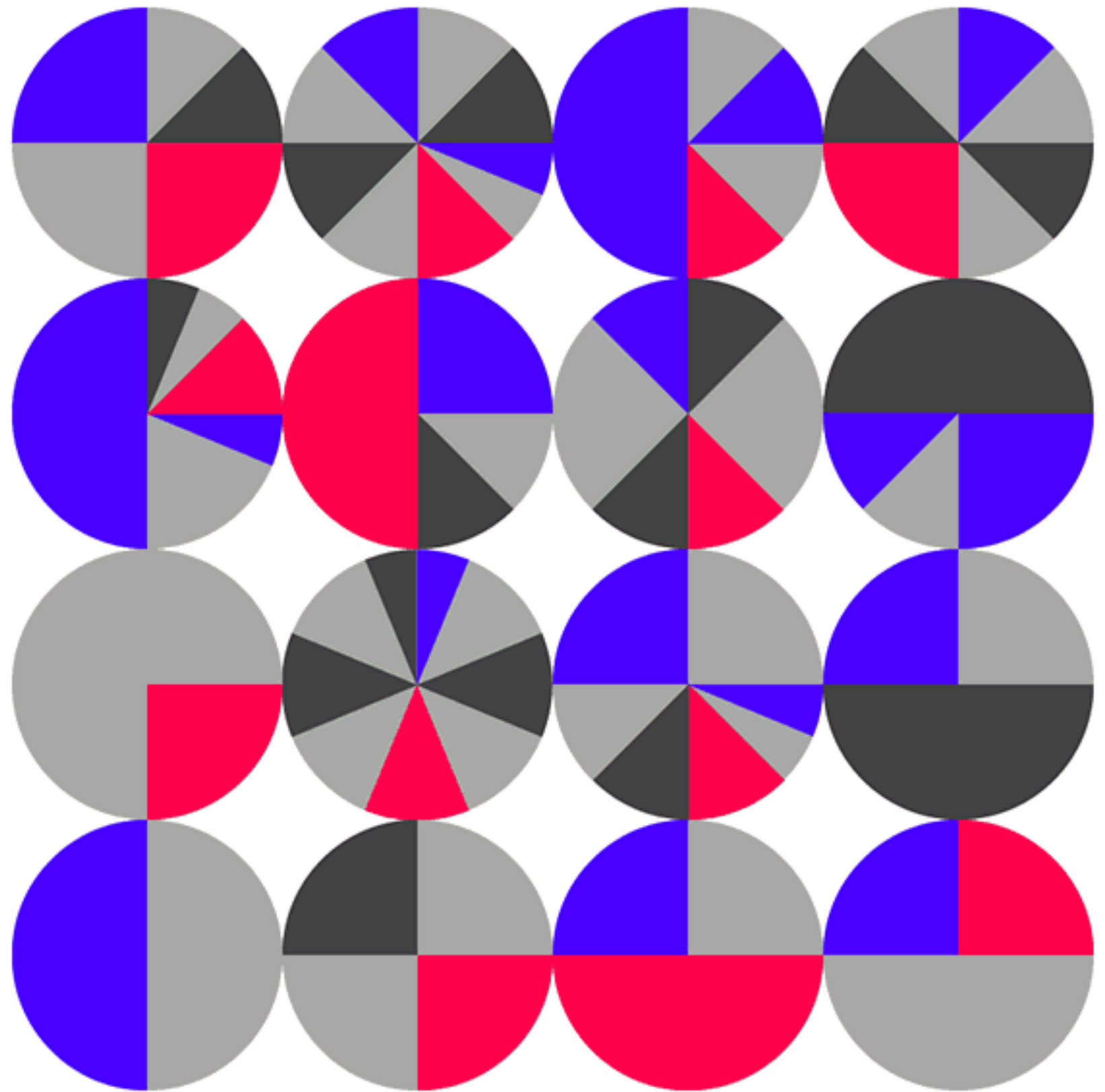
1987, CompuServe

2013 - Wins Lifetime Achievement Award @ the 17th Annual Webbys



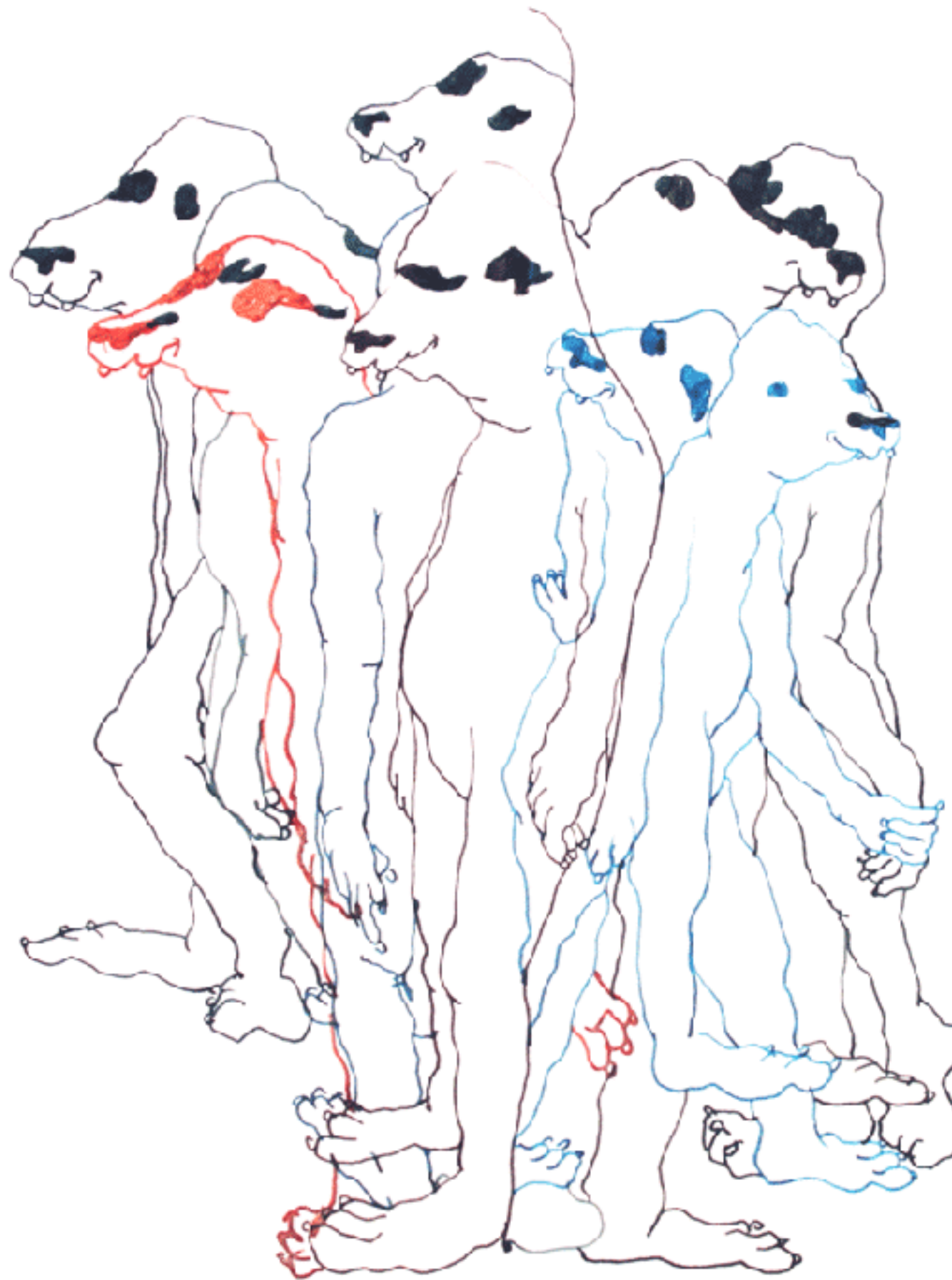
Carl Burton





Skip Dolphin Hursh  
2014.

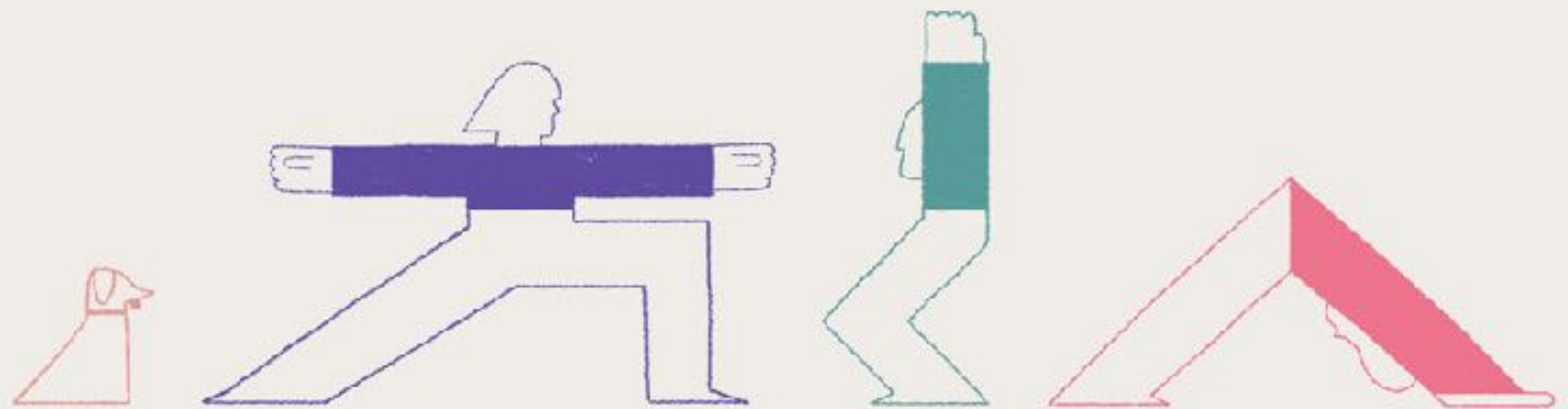


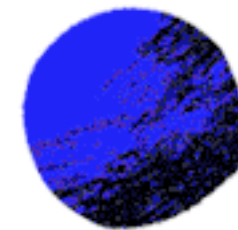


Anna Firth

Ghost Loops, 2018

# YOGA POSES





Anónimo perguntou: Hi, I really like your work! Is it okay to ask which program you use and if you have any animation advise? Thank you very much beforehand!

Hi there, thanks for the words, I use mostly photoshop and after effects for my animations :)

and yes I have 2 good advises, one is: study the classic principles of animations.. you are gonna use this no matter the technique you choose, 3d, 2d, stop motion.. (  
<https://vimeo.com/93206523>)

and second: look for alex grigg on vimeo, he has some amazing tutorials for photoshop animation, this will help you understand a little bit about the process!

hope this can help you!



Norman McClaren + Grant Munro  
Canon, 1964