

## Selecting using the keyboard

o finely adjust the selection:

1. Move to the start or the end of the selection.
2. Hold down the shift key.
3. Click Step Forward or Step Backward.

— or — use Left Arrow or Right Arrow.

The end point of the selection changes.

To select the current frame only:

1. Hold down the shift key and the option key.
2. Click Step Forward or Step Backward.

— or — use Left Arrow or Right Arrow.

The current frame becomes selected.