

The Cockroach Chase

Production & Prompt Guide

A complete, repeatable workflow for a 15-second cinematic 3D kitchen-chase comedy — from character reference images to the final Seedance 2.0 render.

15 sec · 9:16 vertical · Realistic 3D, POV chase · No dialogue · Built for virality

THE IDEA

A pastry chef vs. one unbeatable cockroach.

Milo the pastry chef is calmly whistling and tidying his kitchen — until he spots Rocky, a smug, street-smart cockroach sprinting along the countertop. What starts as controlled spatula swings escalates into full-blown chaos: a low POV chase racing right along the counter, every strike smashing bowls, plates and whisks. Rocky stops at the window, throws a provocative smirk, and when Milo hurls the spatula it shatters the glass — and the roach escapes. Final wide shot: a trashed kitchen, empty hands, and a breakdown scream. Pure physical-comedy gold.

WORKFLOW AT A GLANCE

01. Design characters — Lock 2 reference images so identity stays consistent.
02. Build key frames — Three stills: the lock-on, the POV chase, the window escape.
03. Animate in Seedance 2.0 — Feed refs + master prompt, render 9:16 at 15s.
04. Polish & post — Sound design, title card, export 9:16, publish.

CHARACTER REFERENCE IMAGES

Consistency is everything — the same face, body and outfit must appear in every frame. You don't have to design the cast yourself: lock two clean reference images (one per character) and reuse them in every key frame and the final render. The fastest path is to lock the cast once in Nano Banana (Gemini) or GPT Image, then upload both into Seedance 2.0 as references.

Milo (The Pastry Chef) — Lanky, round black glasses, messy dark hair, white chef coat. Wields a stainless-steel cake spatula — controlled swings that escalate into full chaos.

Rocky (The Cockroach) — Tiny, brown, street-smart — the countertop escape artist. Serpentine dodges, abrupt stops, and a provocative smirk at the window.

STORYBOARD THE LOCK-ON, THE POV CHASE AND THE ESCAPE

[SETUP] Tidy home kitchen, long countertop. Milo whistling while organizing; Rocky crawling in the corner. Milo stops mid-motion and locks onto the target, spatula in hand.

[CHASE] Low POV behind Rocky racing right along the counter; serpentine dodges; Milo's spatula pressing in from above and the sides, smashing bowls, plates and whisks into chaos.

[ESCAPE] Rocky stops in the window, smug smirk and a provocative gesture. Milo hurls the spatula — it misses, shatters the glass, Rocky leaps out.

KEY FRAME · CHASE

[STYLE] Realistic 3D animation, strong physical feedback, 20mm wide feel, 9:16.

[ACTION] Low-angle close-following rear POV directly behind ROCKY, a small brown cockroach sprinting right along the countertop, serpentine dodging. Behind/above, MILO — a lanky pastry chef in a white coat and round glasses — swings a large stainless-steel cake spatula, strikes pressing in from above and the sides, smashing bowls and whisks. Motion blur, chaos.

[ENVIRONMENT] Home kitchen, one long continuous countertop with depth, common kitchen objects scattered.

[NEGATIVE] No text, no logos, no inconsistent identity.

TIMELINE

0:00–0:02 Lock-on — medium 35mm slow push-in. Milo whistles while organizing (lip-synced); Rocky crawls in the corner; Milo stops and locks onto the target.

0:02–0:04 First strike — low 28mm tracking. Rocky accelerates right and dodges; Milo lunges, whistling stops; the first spatula hit smashes the counter edge.

0:04–0:10 POV chaos — 20mm close-follow POV, never looking back. Rocky serpentine-dodges; Milo's strikes press from above and the sides, smashing objects — escalating chaos.

0:10–0:12 The taunt — POV slows, a window ahead. Rocky stops inside the window, turns to face Milo, smug smile and a provocative gesture.

0:12–0:14 The throw — medium push-in. Milo throws the spatula; it misses, shatters the glass; Rocky jumps out through the broken opening.

0:14–0:15 The breakdown — wide static shot. Empty hands; Milo sees the whole countertop in total chaos, then a breakdown scream.

THE 15-SECOND MASTER PROMPT

This is the whole thing — copy it, swap the kitchen nuisance and the chaser, and you have your own physical-comedy series.

MASTER PROMPT · THE COCKROACH CHASE

REALISTIC 3D AI MINI-STORY – THE COCKROACH CHASE

[STYLE] Realistic 3D animation with strong physical feedback, high-end render, expressive characters, kinetic physical comedy, real kitchen materials and lighting. Duration: 15 seconds. Aspect ratio: 9:16. Resolution: 720p or higher. No subtitles. No logos. No spoken dialogue (whistling only in the first beat).

[SUBJECTS – use the 2 uploaded reference images]

MILO (Pastry Chef): lanky adult in a white chef uniform, round black glasses, messy dark hair. On the ground beside the counter, using a large stainless-steel cake spatula to chase along the countertop edge – escalating from controlled swings to fully uncontrolled strikes.

ROCKY (Cockroach): small brown cockroach, smug and agile, always moving on the countertop – low rapid crawling, advancing unidirectionally to the right while performing left-right dodges and abrupt stops with direction changes.

[ENVIRONMENT] Home kitchen, one continuous long countertop with clear depth. Common kitchen objects distributed along it (bowls, plates, whisk, measuring cups, etc.). The window is closed.

[CAMERA] POV is a close-following rear perspective behind the cockroach, low angle moving forward along the countertop; attacks primarily press in from above and the sides, with only one brief frontal confrontation.

[TIMELINE] 0:00-0:02 – Medium shot, 35mm, slow push-in. The chef stands at the left of the counter lightly whistling while organizing, mouth lip-synced to the whistle; objects neatly arranged; the cockroach crawls in the corner making subtle noise; the chef gradually stops and locks onto the target. SFX: whistling (only here), subtle crawling. · 0:02-0:04 – Low-angle tracking, 28mm, forward. The cockroach accelerates right and begins dodging; the chef lunges and starts striking, whistling stops the moment the action begins; the first hit strikes the countertop edge, objects shift from the vibration. SFX: footsteps, heavy metal impact. · 0:04-0:10 – POV, 20mm, close-follow high-speed forward, never looking back. The cockroach performs serpentine dodging; the chef's attacks press in from above and the sides, each strike accidentally and realistically hitting objects, building and maintaining chaos. SFX: continuous heavy impacts, object collisions. · 0:10-0:12 – POV slows. A window appears ahead; the cockroach stops on the counter inside the window, turns to face the chef directly, shows a smug smile and makes a provocative gesture. SFX: brief pause. · 0:12-0:14 – Medium push-in. The chef throws the spatula toward the cockroach; after release no tool remains in hand; the spatula misses and hits the window, shattering the glass; the cockroach jumps out through the broken opening. SFX: air slice, glass shatter. · 0:14-0:15 – Wide static shot. The chef's hands are empty; he turns to see the whole countertop in complete chaos (all struck objects scattered, overturned and dirty); a brief pause, then a breakdown scream. SFX: silence -> breakdown scream.

[MOOD] Escalating physical comedy. Chef = increasingly desperate; cockroach = smug and untouchable. Serious tension played for big laughs.

[NEGATIVE] No subtitles, no logos, no on-screen text, no spoken dialogue, no changing character identities, no gore – clean kinetic slapstick only.

QUALITY CHECKLIST

- [] Same face & outfit on each character across all frames (identity consistency)
- [] The POV stays low and close behind Rocky — never looks back during the chase
- [] Every strike has real physical feedback — objects actually fly and smash
- [] Only one brief frontal confrontation (the window taunt) — keeps the POV clean
- [] Strong first 2 seconds (whistling calm -> sudden lock-on) so it stops the scroll
- [] 9:16, 15 seconds, 720p or better, no subtitles or logos

