**Slow Motion:**
In order to have all action be in slow motion but have the lip miming of lyrics by your talent sync up in post, you must follow these steps. And, I guess, first, make sure your talent is on board. They will have to perform the song super fast, so you have to get them on board for it. These instructions are under the pretense that you will be editing in 24p and that most of your other footage is 24p.

1) Open your song in any NLE. Change its speed to 250%. Export this version and this will be given to your talent to practice and for playback on set. (Note, if you can pitch it down so it doesn’t sound so chipmunk-esque, that’s a nice touch). If you have access to the original masters, see if you can get a version with the vocal track mixed at a higher level than the music.

2) On your camera shoot in 60p, 1280x720 resolution for 1080p if your camera allows this. At this frame rate you will set your shutter to 125 (about double the FPS). (I am not sure if you can shoot in 60p at 1920x1080 in the ML FPS override mode. I know that on the 5D when I used FPS override it turns off the audio which makes sync a bit hard and you will need a clapperboard).

3) Open your project. Import the footage. When you bring it into the timeline it should have to render because it’s 60p. Before you sync it, CONFORM the footage (this will essentially slow it down 40% and it should match your audio speed). Also, here you will want to BLEND FRAMES.
   a. Frame rate CONFORM makes things faster or slower (conforming 60p to 24p would slow the footage by 40%). CONVERSION removes or adds frames; so converting 60p to 24p would result in the loss of 36 frames roughly.
   b. Frame Blending: whenever you retime a clip, slow it down or speed it up, movement may appear jerky because typically a NLE will convert the frame rate of the footage to match the frame rate of the timeline (again 60p to 24p would result in a loss of frame), so you want to conform footage. Blending is a process of inserting blended frames in place of frames that have been duplicated in clips with slow motion, to make them play back more smoothly. This will make your slow motion look much better.

For a 24p timebase in timeline (your timeline will also be 1920x1080), for the following frame rates, adjust the song speed to:

12 fps: make song last 1.956x longer by stretching it to 51.1% speed
18 fps: make song last 1.333x longer by stretching it to 75.0% speed
20 fps: make song last 1.226x longer by stretching it to 81.6% speed
22 fps: make song last 1.067x longer by stretching it to 93.7% speed
26 fps: make song last 0.907x as long as normal; play it at 110.25% speed
30 fps: make song last 0.800x as long as normal; play it at 125% speed
32 fps: make song last 0.747x as long as normal; play it at 133.87% speed
36 fps: make song last 0.672x as long as normal; play it at 148.81% speed
48 fps: make song last 0.498x as long as normal; play it at 200.80% speed
60 fps: make song last 0.400x as long as normal; play it at 250.00% speed

Sped up:

For that Hype Williams, sped up effect, it’s much easier. This is based on the fact that your timeline is 24p and most your footage is 24p. Follow these steps:

1) You will need to make a version of the song that is half the speed, 50%, of the original.
2) Shoot at 24p, 50 or 48 shutter, and 1920x1080 resolution.
3) Import the footage and retime it at twice as fast, 200%, of the clip.
4) You may want to add frame blending; see if it makes a difference.
5) Sync of the audio and barn!