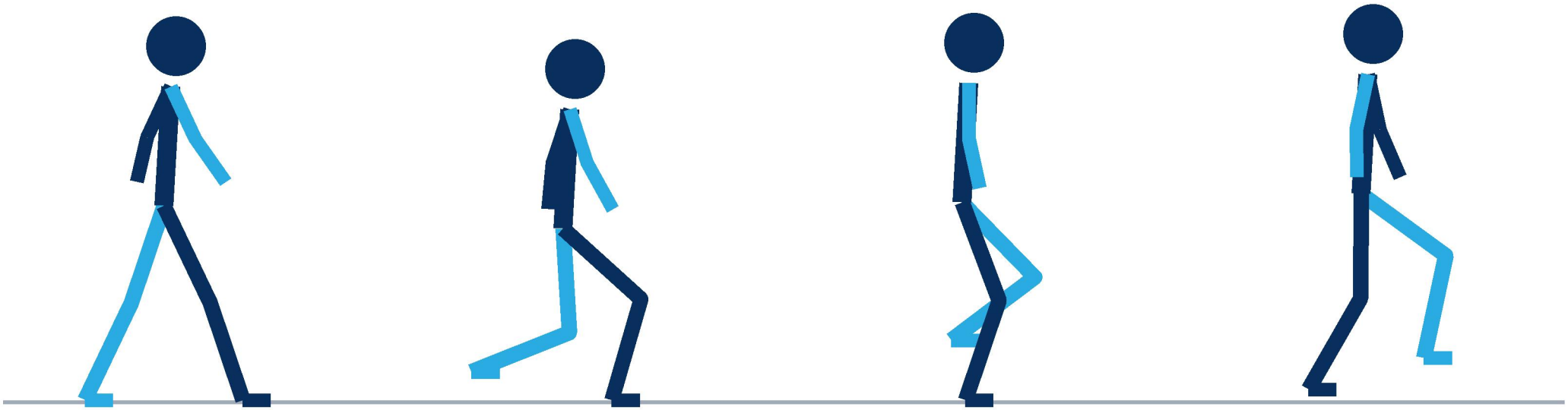
24-FRAME WALK CYCLE REFERENCE SHEET

animationexplainers.com

Key poses at 24 fps. Contacts on frames 1 and 13. Loop frames 1 to 24 (frame 25 = frame 1).



CONTACT · Frame 1 **DOWN · Frame 4** **PASSING · Frame 7** **UP · Frame 10**

Frame	Pose	Notes
1	Contact (right leg forward)	Widest stride; left arm forward
4	Down	Body at its lowest; front knee bends
7	Passing	Left leg swings past; body rising
10	Up	Body at its highest; push-off
13	Contact (left leg forward)	Mirror of frame 1
16	Down	Mirror of frame 4
19	Passing	Mirror of frame 7
22	Up	Mirror of frame 10
25	Contact (= frame 1)	Leave out of the loop

Add in-betweens between the keys. Change the cycle length for speed: 16 frames = fast or bouncy, 32 = relaxed stroll, 48 = slow.