

46. Exploring Tracking

References

Clip 46.1 – Inspired by ‘Run, Lola, Run’, this clip was filmed from the back of a hatchback car. Creating your own tracking solutions can be a fun and experimental process. In this case, a camera resting on a bean bag will avoid most of a car’s vibration. If filming walking backwards, have an assistant lead you with their hand on your shoulder. Plastic bags and tea cloths offer a more steady mount for your camera than your hand while shopping trolleys can also be used.

<http://www.cs.cmu.edu/~johnny/steadycam/> offers advice on how a steadycam can be cheaply built.