



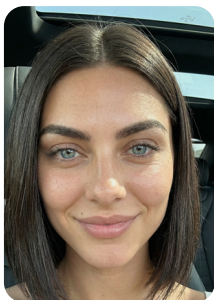
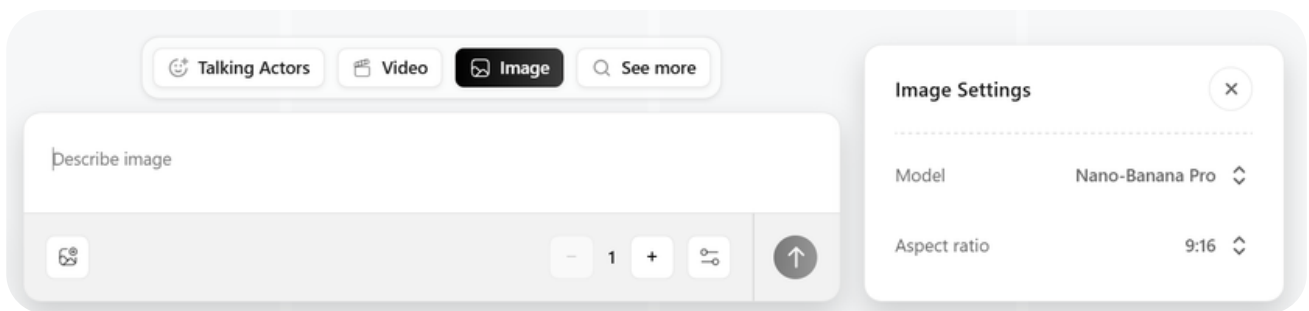
Mia Maldini

TRAIN HOOK

Prompts

CREATE THE IMAGE

- Go to [ARCADS.AI](https://arcads.ai) (click here).
- Go to **Image Generation**
- Choose **Nano Banana Pro**
- Upload a reference image (selfie of yourself)
- Set the aspect ratio to **9:16**
- Insert the **prompt from the next page**



reference img1

+ PROMPT =



result

IMAGE PROMPT

A cinematic film still, ultra-photorealistic. Camera: extreme ground-level low angle. The main subject is a person with a calm, relaxed, friendly expression and subtle natural smile, maintaining direct eye contact with the camera. Natural human realism — no beauty filters, no retouching, no artificial smoothing.

Outfit: elegant matte-black high-fashion evening gown with a sculptural couture silhouette. Strapless sweetheart neckline with a tightly structured corset-style bodice defining the torso. Dramatic oversized off-the-shoulder sculpted sleeves forming bold architectural volumes around the upper arms. Long weighted skirt with a high thigh slit revealing the leg naturally while seated. Long matte-black opera gloves extending above the elbows. A classic multi-row pearl choker necklace fitted close to the neck. A wide-brim black hat with a flat crown and rigid structure, worn slightly lifted. Timeless editorial styling, no logos, no embellishments.

Scene: the subject is sitting on a simple, worn wooden chair placed directly on railroad tracks, centered between the rails, in the middle of a vast desert. Posture relaxed and poised. In one gloved hand the subject holds a lipstick, gently pressing it to the lips mid-application; in the other hand a small handheld mirror, actively applying lipstick while maintaining eye contact with the camera. The chair casts a sharp shadow across dusty wooden sleepers and steel rails.

Behind the subject, perfectly aligned with the tracks, a freight train is far in the distance, small in scale, with faint headlights diffused by heat haze, emphasizing delayed danger rather than immediacy.

Environment: endless desert landscape with pale sand, scattered stones, dry shrubs, cracked earth, distant mesas and low mountains on the horizon; strong heat shimmer close to the ground, dry wind carrying fine dust.

Camera: cinematic film-still aesthetic, extreme ground-level low angle — camera placed directly on the ground between the rails, almost touching gravel and steel, looking steeply upward. 35mm lens, perspective exaggerated by proximity to the ground: rails dominate the foreground, converging powerfully upward into the seated figure; body, dress, gloves, pearls, and hat rise above the horizon line, giving monumental scale and dominance. Camera clearly below knee level, well under eye height, sky occupying a significant portion of the upper frame. Strong foreground-midground-background layering. Depth of field shallow but realistic: key details tack-sharp; foreground rails slightly soft due to proximity; distant train very soft and atmospheric.

Lighting: late-afternoon desert sun, hard but motivated, softened by airborne dust; warm directional side light creating crisp micro-highlights and believable shadow falloff; warm highlights contrasted with cooler shadows. Color science: restrained cinematic teal-and-amber balance, natural desert tones, deep blacks in the dress preserved with texture. Atmosphere: heat haze, suspended dust particles, very subtle natural film grain, no bloom or glow.

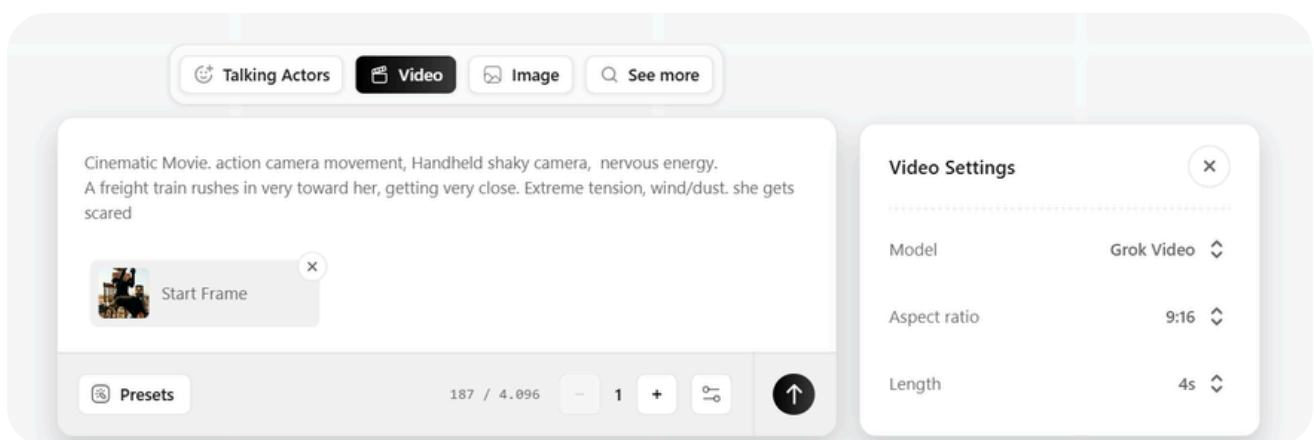
Mood: high-fashion cinematic power and tension — dominance, elegance, calm defiance, danger held at a distance. Ultra-detailed, photorealistic, true-to-life human proportions, documentary realism, cinematic composition.

Negative prompt: CGI, 3D render, illustration, anime, stylized, beauty filter, airbrushed or flawless skin, plastic or waxy face, AI skin smoothing, glam retouching, crushed blacks, over-sharpening halos, excessive HDR, fake bokeh, bloom, studio lighting, fog machine, eye-level camera, chest-level camera, shallow fashion-angle clichés, distorted anatomy, extra or missing fingers, warped hands, floating chair, incorrect rails, oversized or too-close train, duplicated objects, logos, text, watermark, oversaturated colors, low resolution, compression artifacts.

CREATE THE VIDEO

1. Go to Video Creation
2. Upload your generated image
3. Select **Grok Imagine** as the video model
4. Set Duration: **4 seconds**
5. Set Aspect Ratio: **9:16**
6. Use this prompt:

*Cinematic Movie. action camera movement, Handheld shaky camera, nervous energy.
A freight train rushes in very toward her, getting very close. Extreme tension, wind/dust. she gets scared*





I'm excited to see your results! Keep in mind that not every image or video will work perfectly on the first or second try (that's completely normal).

If something doesn't work after a few attempts, feel free to get creative: adjust the prompts, try small variations, or take your own direction.

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