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The Art of Shifting Only the Gaze: Rack Focus

Article URL
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While watching a film, you have probably seen a scene where the person on screen is sharp and everything behind is a soft blur, and then the focus glides to the back and another person’s face becomes clear. The camera stays put, yet it feels as though only the gaze has moved, and without a single line of dialogue the audience senses that the story has just changed direction. This technique is rack focus. By changing the lens focus within one continuous shot, it moves the sharp subject from one thing to another, and it can lead the audience’s eye exactly where you want it without cutting. Becau