

*Trade Yourself In*

*Artist: Shinedown*

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# Music Video Script

## Trade Yourself In:

VIDEO	AUDIO LYRICS / NARRATION / MUSIC / FX
1. The intro of the scene starts with the band, they stand in a dark grungy room. Faint lights grow around them. <b>Cut to:</b> each of their faces. They light up from the growing light. <b>Cut to:</b> the whole band. The light gets brighter and shows the band at their posts. The band plays the intro.	<i>No Lyrics</i> <i>No Narration</i> 0:00 – 0:09 No FX.
2. This scene shows a large man. He is dressed in a fitted suit and lies on the floor. The lights flash on blindingly. The camera closes in on his face he's clean cut clean shaved. He wakes up and looks around confused. He stands up and spies a door in front of him. The camera shows him from behind as he walks to door and tries to leave.	<i>No Lyrics</i> From 0:10-0:18 No FX No narration
3. The man yanks open the door. Lead singer is in door way and sings this verse. He walks towards him and yells at him. He's dressed in all black and angry. The camera shows the two men from the side. The man tries to act tough and yell back, but the singer pokes his chest and smacks his face. The screen cuts to black.	<i>“Deal with me. Don’t even think about leaving yet.”</i>  From 0:19 – 0:28 No FX No Narration
4. This scene opens up with the large man and the lead singer stand in the back of the office. They look on at a person sitting in the shadows. The lead singer looks down at the man with an emotionless expression.	<i>“Come reset A part of life that you’d soon forget”</i> From 0:29-0:38 No FX No Narration

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	<b>LYRICS / NARRATION / MUSIC / FX</b>
<p>5. The camera closes in on the man. In a large office. He is a littler bigger in size since the last beat. He's sitting behind a large desk. Camera flashes to many awards framed on his walls. <b>Cut to:</b> two men escort in a girl. She looks 'Disney innocent'. He shakes his head in disgust slams down his palm on the desk and gets up. He touches her on the lower back and forcefully pushes her out of the office.</p>	<p><i><b>"I don't think they know, that's my heart exposed"</b></i></p> <p>From 0:39-0:50</p> <p>No FX</p> <p>No Narration</p>
<p>6. <b>Cut to:</b> the band in the room from the first scene. The walls are greyer. The band plays and as the base hits cracks form in the walls around them.</p>	<p><i><b>"Trade yourself in for the perfect on No one needs to know that you feel you've been ruined"</b></i></p> <p>From- 0:51-0:59</p> <p>No FX</p> <p>No Narration</p>
<p>7. This scene shows the man as he leads the girl into a 'transformation room.' The room is filled with hairdressers, makeup artists, and stylists. <b>Cut to:</b> the girl faces the camera. She's nervous, but excited. The stylists touch the girl in all sorts of ways their faces are unsatisfied with what they see and shake their heads. They discuss amongst themselves what they'll need to change. The camera spins around showing the girl through a mirror. The man is in the background. He's a little bigger than the previous scene. He is on the phone.</p>	<p><i><b>"Trade yourself in for diamond eyes"</b></i></p> <p>From 1:00-1:09</p> <p>No FX</p> <p>No Narration</p>
<p>8. <b>Cut back to</b> the original room. The band plays this part. The room is grungier and dirtier. The wall begins to break behind them and the floor breaks and cracks.</p>	<p><i><b>No Lyrics</b></i></p> <p>(Instrumental)From 1:10-1:19</p> <p>No FX</p> <p>No Narration</p>

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VIDEO	AUDIO <b>LYRICS</b> / <b>NARRATION</b> / <b>MUSIC</b> / <b>FX</b>
<p>9. <b>Cut to:</b> the girl. She is completely different in a super star in the sluty kind of way. The camera shows her from the side stage. She bows at her audience and walks off stage. The camera closes in on her face. Her smile quickly drops as soon as she's off stage. <b>Cut to:</b> She is in her dressing room. She looks unhappy in the mirror. She reaches in her purse and pulls out an unmarked pill bottle. She empties the pills in her hand.</p>	<p><i><b>"You see me And you know I am not the same"</b></i> From 1:20-1:28 No FX No Narration</p>
<p>10. <b>Cut to:</b> the man walks in he's drastically bigger. The camera shows him stand over her. He's screaming at her. She tries to yell back, but he puffs up and pokes her chest. The camera point to the mirror the man leaves the dressing room. She looks back into the mirror and picks up a bottle and downs the pills. Tears drip from her eyes she collapses her head in her hands. She looks back up and her eye makeup is messed up. She stares up at her ugly reflection and with one large swipe she knocks everything off her vanity.</p>	<p><i><b>"Pain comblined With the loss of a youthful mind"</b></i> From 1:29-1:40 No FX No Narration</p>
<p>11. The scene is back in the first room. The room is almost completely destroyed. They continue to rock out.</p>	<p><i><b>"I don't think they know, that's my heart exposed"</b></i> From 1:40-1:51 No FX No Narration</p>
<p>12. This scene shows her dolled up and emotionless as she walks down an isle of fans. They reach out for her. She's tugged in every which direction, but she doesn't react. She fakes smiles and absentmindedly signs and takes pictures.</p>	<p><i><b>"Trade yourself for the perfect one"</b></i> From 1:52-2:00 No FX No Narration</p>

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	<b>LYRICS / NARRATION / MUSIC / FX</b>
<p>13. <b>Cut back to</b> the original room. The walls crumble and the floor cracks through the guitarists and singer. The walls are black and the lights flicker around them.</p>	<p><i><b>“Trade yourself in for diamond eyes”</b></i></p> <p>From 2:01-2:10</p> <p>No FX</p> <p>No Narration</p>
<p>14. The man sits at large in his office he looks down at the tablet. <b>Cut to:</b> an over the shoulder view at the tablet. The camera shows her picture and a scandalous headline. The camera <b>cuts to</b> him face he smiles devilishly.</p>	<p><i><b>“I know you can’t feel a thing”</b></i></p> <p>(Instrumental) From 2:11-2:20</p> <p>No FX</p> <p>No Narration</p>
<p>15. <b>Cut to:</b> The girl sits in a hotel room. She sits on her bed and swipes through her phone. Camera shifts to an over the shoulder view. She stops and stares at the picture. She begins to cry and chucks the phone across the room. She gets up and paces back and forth near the dresser. She shouts and grips the TV and pushes it off the dresser.</p>	<p><i><b>“It hurts to feel anymore”</b></i></p> <p>(Instrumental) From 2:21-2:29</p> <p>No FX</p> <p>No Narration</p>
<p>16. <b>Cut to</b> a montage of shorts. She goes out and parties, does drugs, and acts snotty to her fans.</p>	<p><i><b>No Lyrics</b></i></p> <p>(Instrumental) From 2:30-2:39</p> <p>No FX</p> <p>No Narration</p>
<p>17. The scene is back in the first room. The walls crumble and a black car is revealed. The singer gets off stage and gets in the driver seat.</p>	<p><i><b>“Trade yourself for the perfect one”</b></i></p> <p>From 2:40-2:48</p> <p>No FX</p> <p>No Narration</p>

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<p>18. The girl sits in a hotel room high and alone. She looks in the mirror and vigorously wipes off the make up. She cries and she pops more pills and washes it down with vodka she collapses to the floor. The camera pans over the girl and does a 360 view to the he next scene.</p>	<p><i><b>“Trade yourself in for diamond eyes”</b></i></p> <p>From 2:49-2:59</p> <p>No FX</p> <p>No Narration</p>
<p>19. This is a continuous shot. The camera shows the man as he watches TV. The girls picture is on the screen with another suicidal RIP headline; he smiles. Shows him grow more and more with captions of her stocks increasing.</p>	<p><i><b>“Trade yourself for the perfect one”</b></i></p> <p>From 2:59-3:07</p> <p>No FX</p> <p>No Narration</p>
<p>20. The man talks on the phone. He is very large. He walks straight not moving out of peoples away. He has authority in his step. He walks out into the street and a car the singer is driving strikes him.</p>	<p><i><b>“Trade yourself in for diamond eyes”</b></i></p> <p>From 3:08-3:18</p> <p>No FX</p> <p>No Narration</p>
<p>21. The band plays in the background. He is back in the room. He's stands in the middle of hundreds of pictures that blanket the floor. He has a cut on his head. The man crouches down and picks one up. It's the girl. He looks up and sees the girl standing in front of him, angry. Young people appear around him, all angry. He stands up. A light shines above him and he smiles cocky at them. A fiery hole opens up behind him. 'Oh shit' look on his face. He looks back at the girl she smirks at him then Spartan kicks him in hell.</p>	<p><i><b>No Lyrics</b></i></p> <p>(Instrumental) From 3:19-3:32</p> <p>No FX</p> <p>No Narration</p>