

THE VIRAL AI BASEBALL GIRL

*The exact prompts, models, and audio pairing
to recreate the trend that's taking over your FYP.*

PAIR WITH

♪ *Labyrinth (Still Don't Know My Name)*

THE TREND ■ OVERVIEW

SHE'S EATING A HOT DOG. THE INTERNET STOPS.

If you've been on TikTok or Reels in the last few weeks, you've seen her. A stunning fan caught on the stadium fan-cam mid-bite, mid-smile, mid-game. The whole crowd watching. The internet replaying it on loop.

Here's the part nobody's telling you: she isn't real. She's AI. And she's everywhere because she works. That perfect intersection of candid realism, viral broadcast aesthetic, and a soundtrack that punches you in the chest.

This guide walks you through the exact three-prompt stack I use to recreate her, start to finish, using ChatGPT for the stills and Higgsfield for the video. No filler. Just the prompts, the settings, and the sound.

♪ PAIR WITH THIS SONG

Labyrinth (Still Don't Know My Name)

The soundtrack that makes this trend hit. Drop this over the final 15-second clip. Exactly the audio every viral version is using.

THE WORKFLOW ■ THREE STEPS

THE PROCESS

Three prompts. Two tools. Fifteen seconds of footage that looks like it was ripped straight off a FOX Sports broadcast.

01 Build the seated reference shot

Open ChatGPT. Upload a clear, well-lit photo of yourself. Face forward, good lighting, minimal filtering. This becomes your identity anchor for everything that follows.

Paste in **Prompt 01: The Stadium Sit**. Generate. This gives you the wide crowd-cam shot of you seated in the stands.

02 Generate the hot dog moment

Stay in the same ChatGPT chat so it keeps your identity locked. Paste in **Prompt 02: The Hot Dog Bite**. Generate. You now have your second still: you, eating the hot dog, fan-cam framing.

03 Bring it to life in Higgsfield

Go to **Higgsfield** → Select Video → choose **Seedance 2.0** as your model.

Upload both images you generated in Steps 1 and 2.

Paste in **Prompt 03: The Video Brief**. **Reference both images directly inside the prompt**. This is non-negotiable. Without the @references the video won't hold identity continuity. Then click Generate.

MISS AI PRO TIPS

- Replace [INSERT SPORTS TEAM HERE] with the team driving your audience. Yankees and Dodgers convert hardest, but pick what fits your niche.
- Use the same ChatGPT thread for both stills so identity stays locked across images.
- Reference photos: front-facing, good lighting, no heavy filters. The AI mirrors what you give it.
- If the first Higgsfield generation looks off, regenerate. Same prompts, different seed. Don't tweak prompts until you've tried twice.
- Export vertical 9:16. Drop the song. Caption with a comment-bait CTA. Post.

THE PROMPTS ■ COPY PASTE READY

THE THREE PROMPTS

Drop these into the tools as written. Replace the team placeholder. Don't paraphrase. The specific language is doing structural work.

Three prompts in this section. The first two go into ChatGPT to generate your stills. The third is the video brief for Higgsfield Seedance 2.0. Each is on its own page so you can copy cleanly.

How to use each prompt:

1. Select all text inside the grey box.
2. Copy and paste into the tool listed at the top of the page.
3. Swap [INSERT SPORTS TEAM HERE] for your chosen team.
4. Upload your reference image and generate.

PROMPT 01 ■ THE STADIUM SIT

TOOL: CHATGPT ■ OUTPUT: 1 IMAGE (16:9 CROWD SHOT) ■ REFERENCE: YOUR SELFIE

COPY FROM HERE

Analyze the attached reference image and preserve the exact identity, facial structure, hairstyle, skin tone, ethnicity, proportions, and realism of the person in the reference image.

Create a realistic live sports broadcast crowd shot of the person in the reference image sitting naturally at a packed [INSERT SPORTS TEAM HERE] game inside a professional stadium.

The person should look casually attractive and naturally confident, like a real spectator accidentally shown on a stadium fan camera during the live broadcast.

The person is seated comfortably watching the game, not posing for the camera. Their posture should feel relaxed and natural while looking toward the field or gameplay action.

Subtle realistic styling enhancements:

- polished realistic hair with natural texture
- healthy skin texture with pores and imperfections
- subtle makeup and lip gloss
- naturally flattering sports-model appearance
- realistic outfit styling inspired by the team
- flattering but believable stadium lighting

DO NOT:

- change the person's identity
- create AI beauty-face aesthetics
- reshape the face
- enlarge eyes unnaturally
- create unrealistic curves or proportions
- over smooth skin
- create influencer-style glam posing
- use cinematic Hollywood grading
- overly sharpen the image

Environment: authentic packed stadium crowd, realistic fans nearby, jerseys, drinks, food trays, phones, realistic stadium atmosphere, scoreboard lighting glow, slight motion blur, broadcast compression artifacts, candid telephoto sports camera framing, live TV screenshot quality, documentary realism, imperfect framing like a real sports broadcast.

Camera style: telephoto sports lens look, shallow depth of field, realistic exposure and shadows, horizontal 16:9 composition, authentic live broadcast camera feel.

Final image should feel like: "A naturally attractive real person accidentally captured on a live sports broadcast who later went viral online." FOX SPORTS broadcast aesthetic.

PROMPT 02 ■ THE HOT DOG BITE

TOOL: CHATGPT ■ OUTPUT: 1 IMAGE (16:9, HOT DOG MOMENT) ■ REFERENCE: YOUR SELFIE

COPY FROM HERE

Analyze the attached reference image and preserve the exact identity, facial structure, hairstyle, skin tone, ethnicity, proportions, and realism of the person in the reference image.

Create an ultra realistic live sports broadcast crowd shot at a packed [INSERT SPORTS TEAM HERE] game inside a large professional stadium during a night game.

The person in the reference image is seated naturally among fans wearing a fitted stylish [INSERT SPORTS TEAM HERE] jersey/top inspired by the team colors and branding. The styling should feel naturally attractive, polished, and photogenic while still looking completely realistic and human.

The person is casually eating a stadium hot dog while focused on the game. The expression should feel candid and authentic, like a real fan accidentally captured by a live TV fan camera during the broadcast.

Subtle realistic enhancements only:

- healthy glowing skin texture
- realistic hair styling with natural flyaways
- subtle makeup and lip gloss
- refined but believable facial detail
- flattering stadium lighting
- naturally stylish sports-fan aesthetic
- realistic wardrobe fit and silhouette

DO NOT: change identity, reshape facial features, create giant eyes, over smooth skin, create unrealistic body proportions, make the image look AI generated, create influencer glam posing, add cinematic Hollywood color grading, overly sharpen the image.

Environment: packed realistic stadium crowd, fans cheering naturally, beer cups, hot dogs, trays, phones, foam fingers, authentic sports atmosphere, realistic scoreboard lighting glow, slight motion blur, broadcast compression noise, candid telephoto sports camera framing, live TV screenshot feeling, documentary realism, slightly imperfect framing like a real fan cam moment.

Camera style: telephoto sports lens look, shallow depth of field, realistic shadows and exposure, horizontal 16:9 framing, authentic live broadcast capture quality.

Final image should feel like: "A naturally attractive real person accidentally captured on a live sports broadcast who later went viral online." FOX SPORTS broadcast aesthetic.

PROMPT 03 ■ THE VIDEO BRIEF

TOOL: HIGGSFIELD SEEDANCE 2.0 ■ OUTPUT: 15S VERTICAL VIDEO (9:16) ■ REFERENCE: BOTH STILL

COPY FROM HERE

Use @image_1 as the main action and pose reference. Use @8cae26a8-ab3f-41e3-a5a6-a787dcde293f as the exact identity and beauty reference. Keep the same woman consistent throughout the entire video: same face, blonde hair, blue eyes, Yankees jersey, necklace, skin tone, body proportions, and overall appearance.

Create a realistic 15-second viral MLB broadcast-style video in 9:16 vertical format, optimized for TikTok and phone viewing.

The scene is a packed Yankees baseball game in the grandstands, styled like a real live TV broadcast crowd camera moment. The woman is sitting naturally among Yankees fans, wearing the same Yankees jersey and necklace from the reference images. She is holding a classic stadium hot dog.

The video begins with her watching the baseball game intently. She looks focused, calm, and serious, fully absorbed in the action on the field. She is not posing and has not noticed the camera yet.

At the very start of the clip, she takes a large, real bite from the hot dog. Make this first bite clearly visible and natural. After the bite, the hot dog should remain half-eaten with a visible bite mark for the rest of the scene, so the continuity stays realistic.

The live broadcast camera slowly pans across the crowd and lands on her. It gently zooms in like a real sports broadcast operator has spotted her in the audience. She is caught just after taking that big bite, chewing naturally, completely unaware and candid.

Then she notices herself on the jumbotron. She pauses mid-bite, slightly embarrassed, then slowly smiles. Her expression changes from focused to surprised to playful confidence. She gives a soft, charming laugh and holds eye contact with the camera for a brief moment, like she knows the whole stadium is watching.

Keep the moment attractive, confident, and emotionally engaging, but still realistic and candid. She should look beautiful and magnetic, but not fake, not overly posed, and not like an AI influencer. The appeal should come from her natural reaction, her confident smile, the live crowd energy, and the feeling of being accidentally caught on camera.

People around her begin to notice, smile, point, and react naturally. The stadium atmosphere builds around her. The shot should feel like a real viral broadcast clip from a Yankees game that people would replay because her reaction is funny, charming, and memorable.

Visual style: realistic MLB live broadcast, FOX Sports-style crowd camera, documentary realism, telephoto sports lens, natural stadium lighting, subtle motion blur, slight broadcast compression, authentic crowd movement, real Yankees game atmosphere, candid viral sports moment.

Camera: vertical 9:16 framing, slow pan into a medium close-up, gentle broadcast-style zoom, keep her centered, face sharp, hot dog visible with the bite mark, crowd slightly compressed in the background.

Audio: include mild natural stadium background noise: distant crowd chatter, light cheering, ambient ballpark atmosphere, subtle game-day noise. Keep the audio realistic and not overpowering.

Important: do not change her identity. Do not change her face, hair, jersey, necklace, or body proportions. Do not make her look like a different person. Do not make it look like a deepfake. Keep her realistic, natural, and consistent with the reference images.

Do not include a scoreboard overlay. Keep only a small FOX-style broadcast bug/branding element on screen, with no large graphics or scoreboard taking attention away from the woman.

Continuity lock: maintain prop continuity. After the first big bite, the hot dog must remain visibly half-eaten with the same bite mark throughout the rest of the clip.

LAST THING

NOW MAKE IT YOURS.

This is the formula, but the formula is just the floor. The version that goes viral is the one with your face, your team, your caption, your moment. Tag me when you post it. I want to see what you build.



Stay curious. Build loud.

Miss AI

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