

# THE VIRAL AI COURTSIDE GIRL

*The exact prompts, models, and audio pairing  
to recreate the Knicks courtside trend taking over your  
FYP.*

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PAIR WITH

♪ *SAIL by AWOLNATION*

## THE TREND ■ OVERVIEW

# FRONT ROW. HOT DOG. INTERNET BROKEN.

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She's courtside at Madison Square Garden, mid-bite, mid-wave. The camera lands on her. The whole arena pretends not to be watching. The internet replays it on loop.

She isn't real. She's AI. And the courtside version of this trend hits harder than the baseball one because MSG carries more weight per pixel than any stadium in sports. Celebrity cam. Front row. That ESPN broadcast aesthetic.

This guide is the streamlined two-prompt version, swapped for hardwood. ChatGPT for the still. Higgsfield Seedance 2.0 for the video. Knicks colors. SAIL on the audio. No filler.

## ♪ PAIR WITH THIS SONG

## SAIL by AWOLNATION

*That ominous drop hits the moment she notices the camera. Time the eye-contact frame to the bass and the clip plays itself.*

## THE WORKFLOW ■ THREE STEPS

# THE PROCESS

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*Two prompts. Two tools. Fifteen seconds of footage that looks like it was ripped straight off an ESPN broadcast.*

## 01 Build the courtside reference shot

Open ChatGPT. Upload a clear, well-lit photo of yourself. Face forward, good lighting, minimal filtering. This is your identity anchor for the entire stack.

Paste in **Prompt 01: The Courtside Cam**. Generate. This gives you the front-row celebrity-cam still: you, courtside at MSG, Knicks gear, half-eaten hot dog, friendly wave.

## 02 Stay in the same chat

Keep working in the same ChatGPT thread. This is non-negotiable for identity continuity. If you start a new chat you'll get a different face on the second image.

Save the still you just generated. You'll upload it directly into Higgsfield in the next step as **@image\_1**.

## 03 Bring it to life in Higgsfield

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

Upload the courtside still as your image reference. Then paste in **Prompt 02: The Video Brief. Reference the image directly inside the prompt**. Without the @image\_1 tag, Higgsfield will not hold her face across frames. Click Generate.

### MISS AI PRO TIPS

- Knicks works because MSG is iconic. If you swap teams (Lakers, Warriors), make sure the prompt mentions the actual arena by name. Generic NBA reads as generic.
- Use the same ChatGPT thread end-to-end so the face stays locked. New chat means new face.
- Reference photo: front-facing, even lighting, no heavy filters. The AI mirrors what you give it.
- If the first Higgsfield generation feels off, regenerate before tweaking. Same prompts, different seed often fixes it on attempt two or three.
- Export vertical 9:16. Drop SAIL. Time the eye contact to the bass drop. Post.

THE PROMPTS ■ COPY PASTE READY

# THE TWO PROMPTS

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*Drop these into the tools as written. Swap the team if you want, but the prompts are tuned for Knicks at MSG. Don't paraphrase. The specific language is doing structural work.*

Two prompts in this section. The first goes into ChatGPT to generate your courtside still. The second is the video brief for Higgsfield Seedance 2.0.

## 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 MODEL REFERENCE IMAGE HERE] for your uploaded selfie tag.
4. Upload your reference image and generate.

## PROMPT 01 ■ THE COURTSIDE CAM

**TOOL: CHATGPT ■ OUTPUT: 1 IMAGE (VERTICAL 9:16 COURTSIDE SHOT) ■ REFERENCE: YOUR SELFIE**

### COPY FROM HERE

Use [INSERT MODEL REFERENCE IMAGE HERE] as the main identity reference.

Create a realistic viral sports broadcast-style image of the same woman from the uploaded reference image. Keep her face, facial structure, eye shape, nose, lips, skin tone, hair color, body type, and overall identity consistent with the reference model. She should clearly look like the same real person, not a different model.

Place her courtside in the front row at a New York Knicks game inside Madison Square Garden. The image should feel like a real live TV fan-cam / celebrity-cam broadcast screenshot, as if she has been naturally caught on camera during the game.

She is sitting courtside near the hardwood, with the camera positioned from the court side looking toward the seats, creating a realistic courtside point-of-view angle. The seating should feel believable: the court is close, and the rows should rise quickly behind her like a proper grandstand. Do not make the front row look too deep. Only show a small number of nearby people in the shot, ideally a maximum of about 3 to 6 people visible around or behind her, so it feels intimate and truly courtside.

The woman should be the clear focus in the foreground. She is wearing stylish New York Knicks supporter gear, such as a fitted singlet, tank top, jersey-inspired top, or sporty-chic courtside outfit in the team's colors (blue, orange, white). The outfit should feel polished, flattering, and fashionable, like elevated courtside style. Keep it tasteful and realistic.

Style her hair so it looks clean, polished, soft, and model-like, not scruffy. Her makeup should be natural glam, with subtle enhancement that still looks believable on a real person. Her skin should look natural and realistic, with healthy texture, not waxy, plastic, overly shiny, or blotchy.

Her eyes should be especially striking while still natural-looking: sharp, bright, and attention-grabbing, with clear detail and a vivid, realistic iris. They should be the main focal point of the image.

For expression and pose, she should look like she has been caught during a sweet, candid courtside moment. She is smiling warmly, almost lightly laughing, and looking toward the camera in a soft, natural way. She may be holding a half-eaten hot dog in one hand, while her other hand gives a small friendly wave. Keep this moment natural and believable, like a fun live fan-cam shot during the game.

Optional styling details:

- a subtle gold chain necklace
- a Knicks baseball cap
- glossy but natural lips
- polished courtside fashion vibe

The arena atmosphere should feel authentic: bright arena lighting, realistic crowd energy, subtle Knicks branding, and a believable professional basketball setting. Avoid making the court dominate the image, the focus should remain on her, with just enough environment to clearly show she is sitting courtside.

Include a clean, believable TV broadcast overlay if desired, such as: "KNICKS CAM", "CELEBRITY CAM", a scoreboard with Knicks vs [opponent], quarter indicator, game clock, shot clock. Keep the overlay subtle and realistic, like a genuine sports broadcast graphic, not distracting or oversized.

Style keywords: ultra-realistic, sports broadcast screenshot, courtside fan cam, celebrity cam, candid arena moment, professional basketball game, luxury sports fashion, natural glam, polished hair, sharp eyes, cinematic arena lighting, shallow depth of field, realistic crowd, viral social media image, high detail, believable TV framing.

Negative prompt: do not change the model's identity. Do not make her look like a different person. Avoid plastic or waxy skin, scruffy hair, distorted hands or fingers, fake-looking eyes, oversized or unrealistic cleavage, photoshoot posing, cartoon or anime style, blurred face, warped crowd, incorrect court perspective, too many background people, random text, broken scoreboard graphics, unrealistic lighting, influencer-style overediting. The final image should feel like a real courtside broadcast moment, candid and believable, with the model as the clear focal point.

## PROMPT 02 ■ THE VIDEO BRIEF

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

### COPY FROM HERE

Use as the main action and pose reference @image\_1. Use as the exact identity and beauty reference. Do not add jewellery or accessories. Keep her exactly the same. Keep the same woman consistent throughout the entire video: same face, blonde hair, blue eyes, New York Knicks singlet, skin tone, body proportions, and overall appearance.

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

The scene is a packed New York Knicks basketball game inside Madison Square Garden, styled like a real live TV broadcast courtside camera moment. The woman is sitting naturally in the front row courtside among Knicks fans, close to the court, surrounded by other spectators, photographers, security, and arena staff. Her outfit does not change throughout the video.

The video begins as she is eating her hot dog and then looks at the camera, waves and laughs while eating the hot dog. It zooms into her eyes.

The live broadcast camera slowly pans across the courtside crowd and lands on her. It gently zooms in like a real NBA broadcast operator has spotted her in the front row. She is mid-eating her hot dog and realizes she is on camera.

Then she notices herself on the arena screen or realizes the camera is on her. She pauses, looks slightly caught off guard. She holds the hot dog in one hand and waves with the other. She smiles and laughs naturally at the camera. Her expression changes from focused to surprised to softly embarrassed and playful. She gives a small charming laugh and holds eye contact with the camera for a brief moment, like she knows the whole arena is watching, while still holding the hot dog in the other hand.

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 shy smile, the live courtside energy, and the feeling of being accidentally caught on camera.

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

Visual style: realistic NBA live broadcast, ESPN-style courtside camera, documentary realism, telephoto sports lens, natural arena lighting, subtle motion blur, slight broadcast compression, authentic crowd movement, real New York Knicks game atmosphere, candid viral courtside moment.

Camera: vertical 9:16 framing, front-row courtside angle, slow pan into a medium close-up, gentle broadcast-style zoom, keep her centered, face sharp, court visible behind or beside her, crowd slightly compressed in the background. End with a gentle zoom into a close-up of her face as she smiles shyly at the camera.

Audio: include mild natural arena background noise: sneakers squeaking on the court, distant crowd chatter, light cheering, basketball bouncing, referee whistles, and subtle Madison Square Garden game-day atmosphere. Keep the audio realistic and not overpowering.

Important: do not change her identity. Do not change her face, hair, New York Knicks singlet, 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 @image\_1.

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

She should not have any added jewellery or necklace. Keep her exactly the same as in the reference image.

LAST THING

# NOW MAKE IT YOURS.

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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 moment, your timing on the bass drop. Tag me when you post it. I want to see what you build.



## Stay curious. Build loud.

*Miss AI*

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