

FIND YOUR VIDEO CLIP

Open Adobe Premiere Pro

Create a New project:
File > New > Project...

Import your video
File > Import...

Create a new Sequence
Drag your video onto the Sequence panel

To split a section of your clip for the animated GIF, use 'Add Edit'
Sequence > Add Edit [shortcut: 'command'+K (⌘K)]

Once you have an edited shorter sequence, Export Media
File > Export > Media... (⌘M)
Don't worry too much about settings here, unless you want to worry

Close Adobe Premiere Pro

Open Adobe After Effects

Import your video
File > Import > File... (⌘I)

Create a new Composition
Drag your video onto the Composition Panel

To add effects to your sequence
Effect > [desired effect]
You can add multiple effects

Export your Composition
File > Export > Add to Render Queue
OR
Composition > Add to Render Queue (^⌘M)
check file name and click 'Render'

Close Adobe After Effects

Open Adobe Photoshop

Import Video to Photoshop

File > Import > Video Frames to Layers

'Make Frame Animation' should be checked

If you receive a frame warning, you can limit the length of the clip and the number of frames imported

Open your Timeline viewer (if it is not open)

Window > Timeline

Make any adjustments you would like

Export your animation as a GIF

File > Export > Save For Web (Legacy)...

Dither and Transparency

these can improve the appearance of your image, or become part of its aesthetic

Save...

Save your Photoshop file as a PSD

Close Adobe Photoshop

Open your GIF in a web browser