

Control (command) T	add text to a selected note (right click or <i>Ctrl Click</i> for sub-menu)
Control (command) W	close your score
Control (command) Y	redo last action (if you've undone it)
Control (command) Z	undo last action (type multiple times to undo lots!)
Control-Alt (command-option) F	focus on a stave that's selected (i.e. turn off everything else)
Control-Alt (command-option) G	go to a specific bar in your score
Control-Alt (command-option) K	open or close Keypad
Control-Alt (command-option) M	open or close Mixer (also just use m)
Control-Alt (command-option) N	open or close Navigator
Control-Alt (command-option) O	open or close Kontakt Player
Control-Alt (command-option) P	open or close the Properties box
Control-Alt (command-option) R	open or close the Parts dialog box
Control-Alt (command-option) T	add a tempo mark (right click or <i>Ctrl Click</i> for sub-menu)
Control-Alt (command-option) V	open or close the Video window
Control-Alt (command-option) X	open or close ALL tool windows in use
Control (command)-Shift A	select whole line of lyrics (if one word is already selected)
Control (command)-Shift B	add a measure after what is currently selected
Control (command)-Shift F	record (escape to stop)
Control (command)-Shift G	go to a specific page of your score
Control (command)-Shift H	Hide whatever is selected (the same shortcut will also show what's hidden)
Control (command)-Shift N	Reset note spacing for selected notes or score
Control (command)-Shift O	recording options
Control (command)-Shift T	turn score into transposing score (or vice versa)
Control (command) and "+" key	make score get bigger
Control (command) and "-" key	make score get smaller
Shift-I	add selected measure(s) to IDEAS library
Shift-P	switch to PANORAMA view
Shift-K	chord diagram (guitar frame)
Up arrow key	moves a selected note up in pitch (or moves text)
Down arrow key	moves a selected note down in pitch (or moves text)
Control (command) + up arrow	moves selected note(s) up an octave
Control (command) + down arrow	moves selected note(s) down an octave
Left arrow key	moves to previous note if note is selected (or moves text)
Right arrow key	moves to next note if note is selected (or moves text)
TAB key	select the first note or rest in a score
HOME/END keys	go back/forward a page or display screen
PAGE UP/PAGE DOWN keys	go up/down the page of music
To transpose music	Control (command)-A (select score), then Shift-T (transpose)
To arrange music	Control (command)-A (select score), then Control (command)-C (copy score), then Control (command)-N (start new score), then Control (command)-click on first measure of new score, then Control (command)-Shift V (activate the arrange feature)
Shift-Alt (option) + right arrow	make a selected note or measure get wider
Shift-Alt (option) + left arrow	make a selected note or measure get narrower
Shift-Alt (option) + up arrow	move an individual staff up
Shift-Alt (option) + down arrow	move an individual staff down
Control-Alt (command-option) + down arrow	moves selected staff and rest of score down