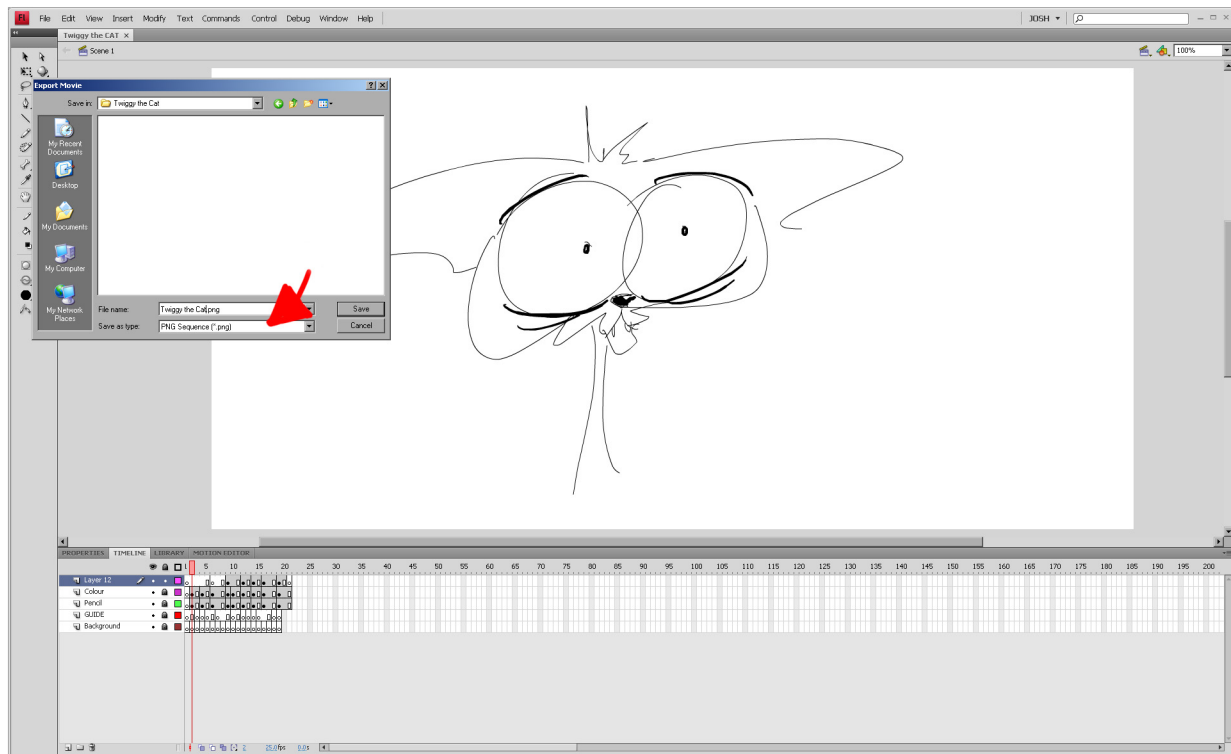You've got your animation and want to import it into Photoshop. Here's how you do it...
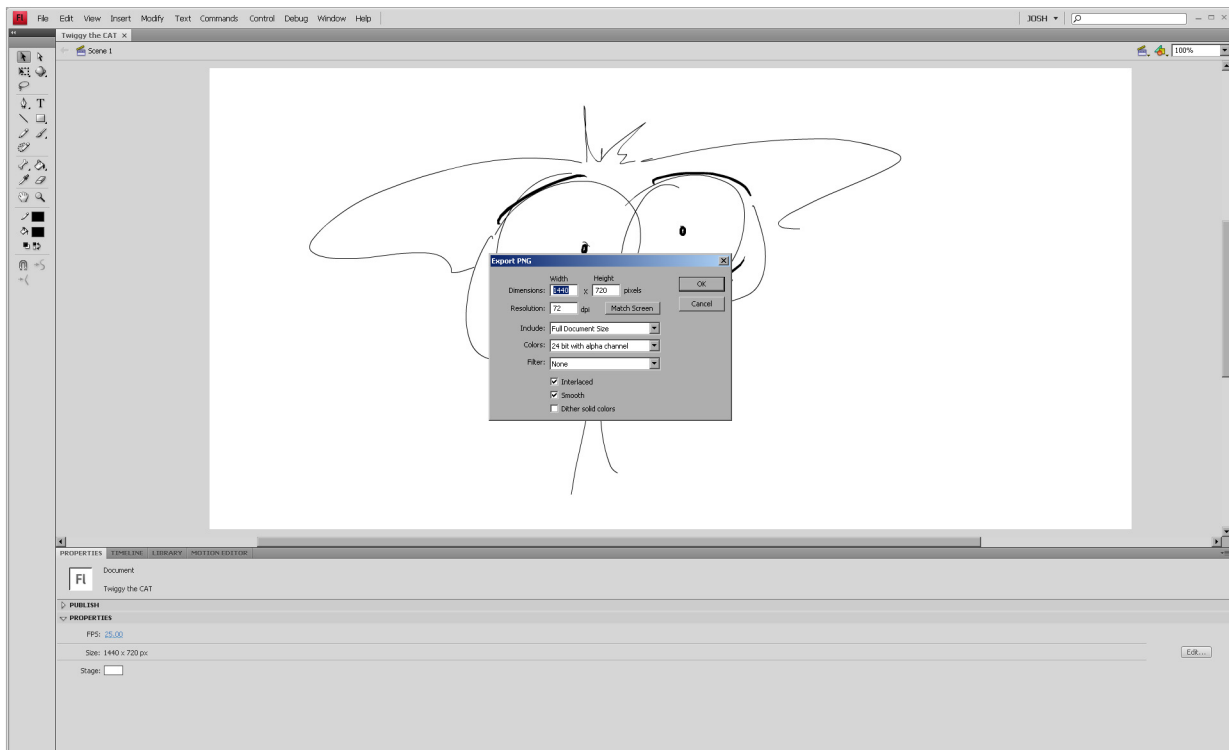
First, go to File > Export Movie

Create a folder for your project (it makes it easier todeal with)
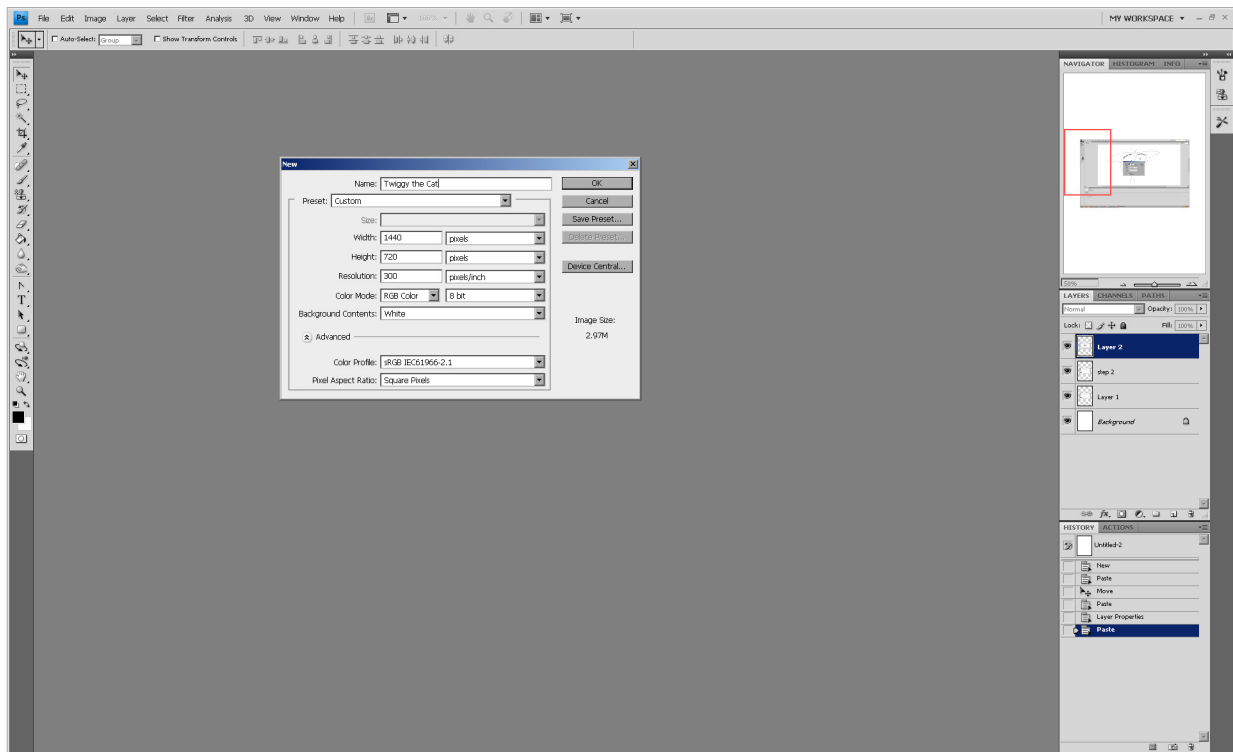
Save as Type, choose: PNG sequence

Choose the same dimensions as you composition,
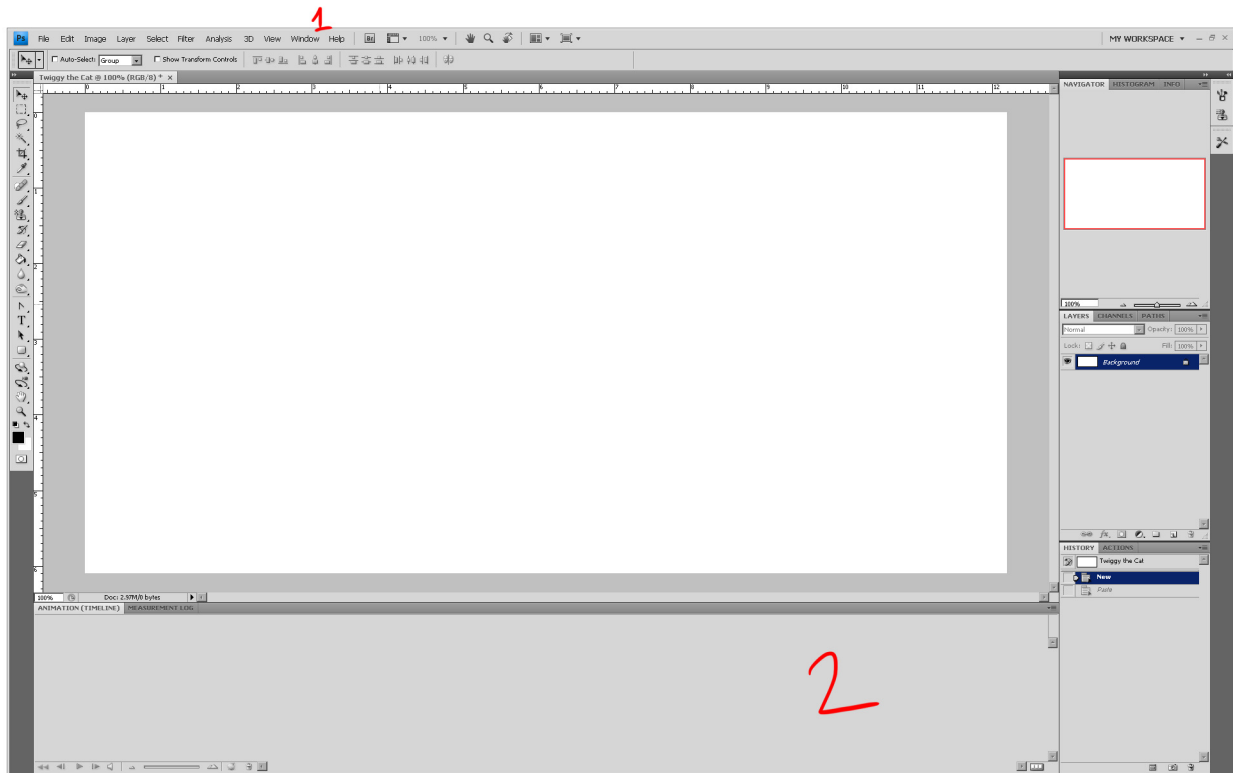tick interlaced and click ok.

Now open Photoshop and create a new image.
Use the same dimensions as your composition.
In this case I used 1440 x 720.

Name it what you want, I gave it the same name as the animation
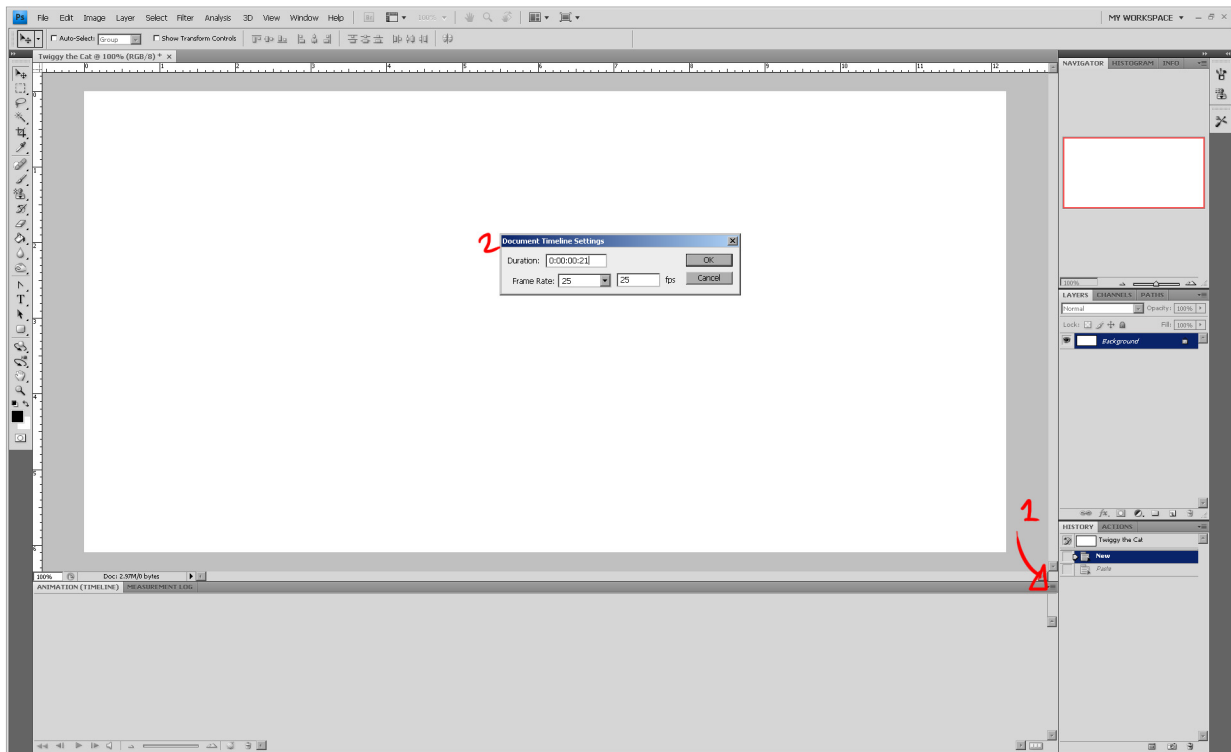
Now go to Window > Animation[1]

Once selected the panel should appear at the bottom[2]

Click the menu in the right hand corner of the animation panel
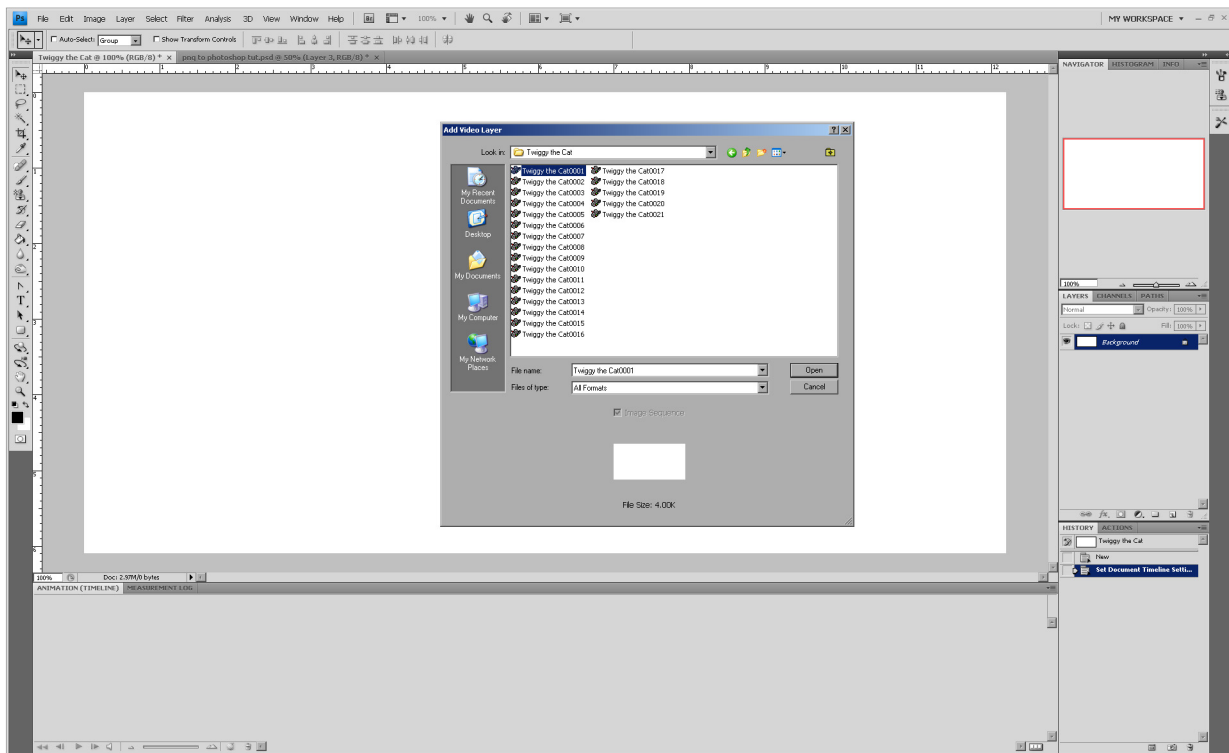and choose Document Settings 1

Adjust the duration and frame rate to that of your animation.  2
I was animating at 25fps and the whole animation lasted 21 frames.
I have adjusted accordingly.

Go back to the animation menu at 1 and select 'enable timeline shortcut keys.
This will enable you to navigate frame to frame using the arrow keys.

To import your animation go to Layer > Video Layer > New Video Layer From File.

Find the file containing your PNG sequence, select the first image
in the seqence and click 'Open'

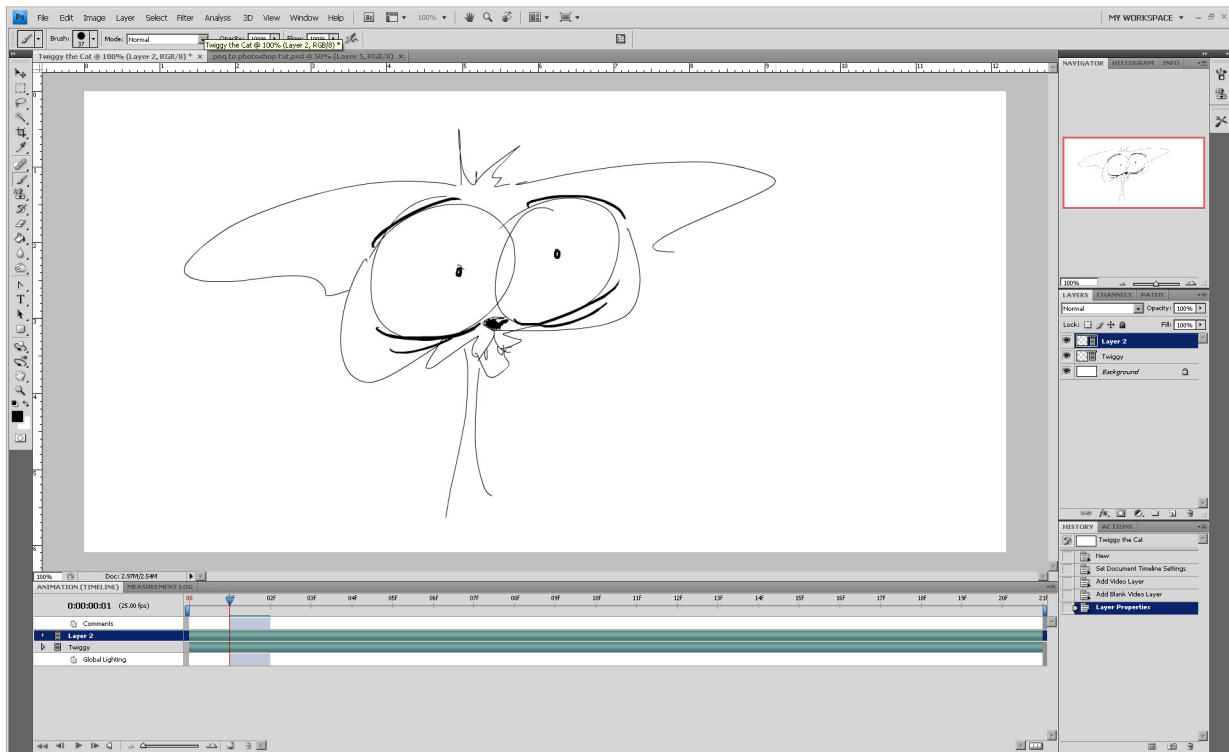You should now have your animation imported on the timeline and are almost ready to go.

Once again go to Layer > Video Layer

This time choose New Blank Video Layer

You will now have two Layers.
One of your original animation and one a blank layer for drawing on.

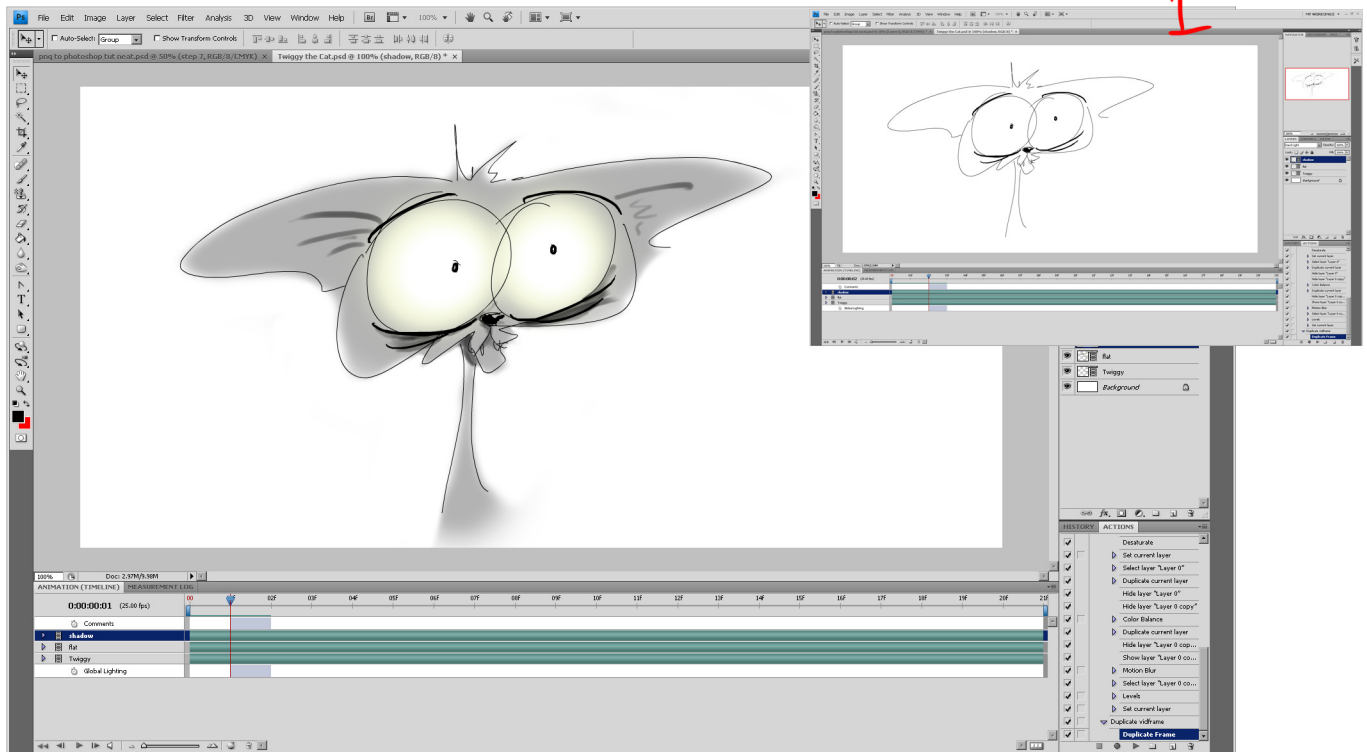I suggest naming layers to avoid confusion.

One last thing to make life easier...

You've coloured your first frame and find that the next frame is the same image but isn't coloured. How do I copy and paste it?

(1)

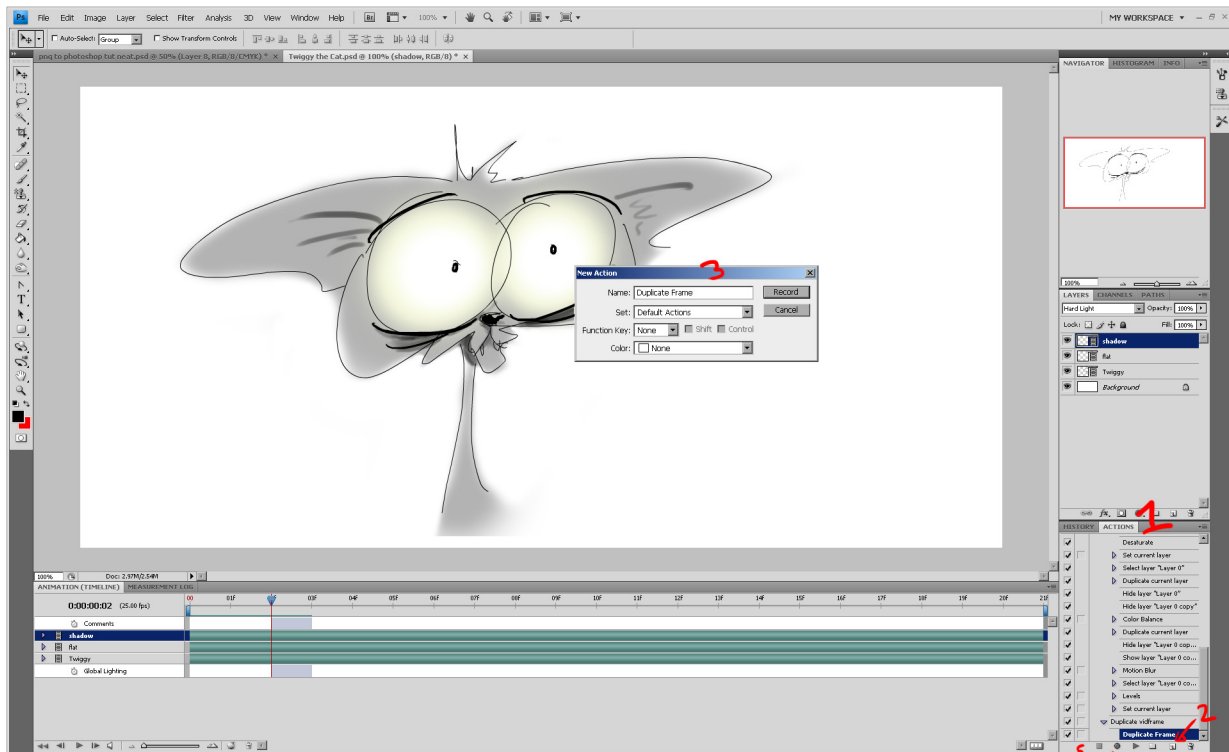# The best way is to make an action to duplicate the frame

# Go to Actions ¹ > click on New Action ²

## Name the Action Duplicate Frame ³

⁴ Notice the Record button will be red, this means the action is recording.

## Go to Layer > Video Layers > Duplicate Frame

⁵ Once you have done this press the 'stop' button and the action will be complete.

When you have finished and are ready to export simply
go to File> Export > Render to Video.

I usually it export as a PNG sequence to another folder so it doesn't get mixed up with the original
png sequnce and give it a slightly different name like 'Twiggy the Cat photoshop'

You can then open the png sequence in After Effects if you intend to add it to a bigger piece or
turn it into a video file through quicktime, which I can show you how to do if you don't know.