Your animation software needs to be set at 12 fps. (frames per second)

So for every second of your animation you will need to take 12 pictures/frames.

For example any film at the cinema works at 24 fps (frames per second).

If the frame rate of the animation software is too high, 20 fps, then it's harder to create constant action.
You can use a USB webcam.

Or a video camcorder using Firewire.

Or a digital blue camera and software solution...
Film making is a team activity. The best films come from the teams that work well together.

Set up your station like this.

You can use small lights but aren't crucial.
Now for the shooting.

To start take one second of the opening scene with no action. 12 shots/frames.

Then move the model’s arm a little bit. Focus on animating one feature at a time. Don’t animate arms, ears, eyes and tail all at once.

Then for each small move take a single shoot/frame.

And repeat this. If you want me to wave for three seconds how many shots do you need to shot?
To make a model blink, remove the eyes for three shots.

Watch and review your work constantly as you go. So you can evaluate your work.

The great thing about computers is if it goes wrong you can easily start again.
TAKING PRODUCTION FURTHER

AS AN OPTION YOU CAN USE ANGLE POISE LAMPS.

USING SCIENCE CLAMPS CAN HELP