Under certain circumstances, the screen will 'jump ahead' into the future as you are in the middle of making a change to your sequence. The most obvious suggestion is to stop what you are doing, and try it again. If you consistently run into the problem, altering your zoom level may provide some relief.

In testing this issues seems to occur with some regularity under the following circumstances; A sequence is loaded on the screen, with some level of zoom set. The option to "Play Visible Screen" is checked, and the section of sequence is played. When this is complete, and you move your mouse or touch an arrow key, you are fast-forwarded some distance into your sequence. How far seems to depend on your level of zoom, and the length of the cells on your page.