Use these instructions in conjunction with the video - they are meant as a memory-jogger of the major steps involved.

1. Make these creases.
2. Form the 4 corners.
3. Flatten, while rotating counter-clockwise.
4. Turn over.
5. Form the 3D rose by taking each top right corner and folding to next quadrant, counter clockwise.
6. Form rose within the palm of your hand.
7. Turn over and smooth inside of rose, by pressing down slightly at the base.
8. Fold down edges and tuck in to form the bottom of the rose.
9. Turn over, open centre of flower and smooth.
10. Roll the petals down to curve them. Finished Rose.