Note: All folds should have a thin line on the inside and a thick line on the outside.

1. **Fold in half lengthwise.** Make all creases as firm as possible (use your fingernail!)
2. **Hold the paper so that the thick lines are diagonal and the thin lines are horizontal.** Fold the top segment down and then unfold.
3. **Fold the top two segments down along the next horizontal line.** Unfold.
4. **Repeat for all segments.**
5. **Turn the paper over.**
6. **Fold along the first diagonal line.** Unfold and fold along the second diagonal line. Repeat for all diagonal lines.
7. **Fold the white edge without letters up.**
8. **Fold the other edge away from you.** Partly unfold both edges.
9. **You can now see how the model is starting to twist.**
10. **Twist and turn the paper while pushing the ends towards each other.** Be brave!
11. **Now let go!**
12. **Admire your completed DNA double helix!**

Only another 2,999,999,989 (or so) more to complete your whole genome!