

- 153 HCP: ↑we:ll done
- 154 PAT: u::↑:::~:~:h hu:::~:~:h (0.6) °↑a:::~:~:h ha ha°
- 155 HCP: nice and steady rou:nd,
- 156 PAT: °↑a:::~:~:h ha:::~:~:h° (0.4) °°uh huh huh°° (.) °°uh huh huh°°
- 157 (0.4) °a:::~:~:h ha ha°
- 158 HCP: .hhh ↑keep hold of the fra:me els↑ie:, (0.4) turn round
- 159 with the frame (0.6) that's ↑it,
- 160 PAT: °u::h° (.) °huh huh° (0.4) °u:::~:~:h huh huh°
- 161 HCP: use the fra:me turn all the way round
- 162 PAT: °a:::~:~:h ha ha° (0.6) °uh huh huh °
- 163 HCP: that's it
- 164 PAT: °uh huh°
- 165 HCP: slowly do::wn,
- 166 PAT: ↑o:::~:~:h hhh
- 167 HCP: o::kay
- 168 PAT: oh go:::d.
- 169 HCP: ↑well done,