

Procedure 1: sit/stand in front of your partner

Procedure 2: if you do not already have it, ask for your partner's number

Procedure 3: call your partner

Procedure 4: talk to your partner on the phone

Procedure 5: walk around the room while you talk to your partner

Procedure 6: as you continue to walk around the room while you talk to your partner,
spasmodically hang-up on them and then call them back immediately

