Step 1:  
Get a piece of origami paper (If you don't have any on hand then any thin, square paper will do), and put it face down.

Step 2:  
Fold in half horizontally, and crease well.

Step 3:  
Open back up, and fold the top section down to the crease you just made.

Step 4:  
Now do the same with the bottom section.

Step 5:  
Fold the top section again to the middle.

Step 6:  
And repeat with the bottom.

Step 7:  
Now fold in half horizontally, and then unfold.

Step 8:  
Fold the corner down to the middle, and repeat with the other three sides.

Step 9:  
Now fold back in half and unfold, pressing down on the crease some more. Then take the right side and fold upwards, creating a diagonal fold. And then repeat for the left side. (These creases help with the next fold). Once you have an X formed by the creases, you'll need to push in on the sides, while pressing down on the top, ending up with the piece folded in half.

Step 10:  
Take the top fold and fold down.
Step 11:
Flip over and repeat.

Step 12:
Fold in top corners to the middle, and then flip over and repeat.

Step 13:
Fold out while slowly pressing down on...actually this part is pretty difficult to explain so here’s a video!
https://www.youtube.com/watch?v=MJV883JtpuU&feature=youtu.be

And you're finished!