Each puzzle answer can be divided into two parts. One part can be paired with a sea creature to make a new phrase, and the other part can be paired with a "finger" word. There are five different finger words, used once each on the left and right sides. The phrase "hands down" in the meta question gives the ordering of these answers, left little finger to right little finger:

LITTLE LEAGUE / DOCTOR OCTOPUS SIGNET RING / PENGUIN CLASSICS
MIDDLEMARCH / THE SEVENTH SEAL
COST-OF-LIVING INDEX / LOAN SHARK
GREEN THUMB / CORAL GABLES
BLU RAY / THUMB TACK
MIAMI DOLPHIN / HEAT INDEX
I AM THE WALRUS / MIDDLE EAST
FIGURE SKATE / RING OUT
THIMBLE JELLYFISH / LITTLE THEATRE
The sea creatures fit precisely in the grid of waves provided, and should be entered in the order above. Solving puzzles reveals the numbers 1-24 in the grid. Taking the letters in those waves in numerical order spells the answer, GEE YOUR HAIR SWELLS PACIFIC.

