

Each of the 4 longest across entries in last week's grid could be represented by a hand sign, as suggested by the title. The exposed fingers in each of the hand signs told you which letters to extract from the 5-letter entries that shared a row with each of those theme entries. For example, in the hand sign for I LOVE YOU, the thumb, index finger, and pinky are extended. Therefore, you needed to take the 1st, 2nd, and 5th letters from the entry on the same row, which yielded GES. Following that all the way through gave you the word GESTURES, an apt 8 -letter answer to our meta.

