

| REEL | DESCRIPTION |
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| Bars | |
| 1-8 | 1st lady, dancing between 2nd couple, lead them down the center, followed by 1st man. All turn right about. 1st man followed by 1st woman with 2nd couple, lead up. 1st man cast to 2nd place while 1st woman dance out to 2nd place, and 2nd couple finish in 1st place. |
| 9-16 | 2nd, 1st and 3rd couples dance six hands round and back, clapping on Bar 16. |
| 17-24 | 2nd, 1st and 3rd couples, with hands joined, advance and retire. 1st woman cast up around 2nd woman while 1st man cast down around 3rd man, finishing 1st woman between 2nd couple and 1st man between 3rd couple. |
| 25-28 | 1st couple turn right hands once round and face down. |
| 29-32 | 3rd and 4th couples form arches with both hands for two bars, then with nearer hands joined dance up one place for two bars, while 1st couple lead down under the arches to 4th place. |
| 33-40 | 2nd with 3rd couple, and 4th with 1st couple, dance rights and lefts. |
| Repeat, having passed a couple. | |

The Seahawks are Seattle's National Football League team. "The Reel Seahawks" represents a football game, beginning with the opening kickoff (bow and curtesy) and ending with a "high fives" bow and curtesy.

Bars

- 1-8 1st man receiving the kickoff heads upfield, preceded by three blockers. 1st man breaking into the open is now being chased by three opponents.
- 9-16 1st, 2nd and 3rd couples huddle, clapping hands as they return to the line of scrimmage.
- 17-24 The clash at the line of scrimmage. 1st woman (quarterback) rolls out to pass. 1st man (receiver) runs a pass pattern.
- 25-28 1st woman, now representing the football, is thrown downfield and caught by the receiver.
- 29-32 3rd and 4th couples (referees), signal a touchdown, while 1st couple dances into the end zone.
- 33-40 The game over, the players shake hands with each other.

Sarah Deatherage and David Koss, Longview, Washington

Suggested Music: "Lord McLays Reel" from Back Hame Tae Auchtermuchty, Jimmy Shand