

A Hawaiian teenage girl runs away from her overbearing mother to dance her heart out in Waikiki and become the next fitness face of the 1987 Sparkle Lite National Aerobics Championship.

A heartfelt, quirky competition dramedy in the vein of Eurovision and Bring It On

Laka is on the brink of high school graduation. Although she's only 18, her entire life has been planned out in painstaking detail by her mother Ehu, who wants her to be a practical young lady and take over the family wedding catering business. As if! The last thing Laka wants is to spend her life serving rich tourists. The prize money is her ticket to Los Angeles, and her chance to prove fitness isn't just some fleeting hobby. One problem - Laka's mom will never let her go all the way across the island to compete.

Laka discovers her high school nemesis Vanessa is also competing and already has a spot in the finals thanks to her parent's deep pockets. Totally bogus. Laka is more determined than ever. Her beloved grandmother Tutu encourages Laka to embrace the fire within and take her shot. She's got the right passion and raw talent, but if she wants to win, she'll have to train her way to the top.

Enter Gilles Andres - Laka's idol - a faded aerobics star and washed up coach who hasn't taken on a student in years. With much convincing, Gilles invites her to work with him. They both have something to teach each other and something to prove. Very wax on wax off. Cue workout montage! Laka throws everything into training. But Gilles refuses to teach her the one move which will set her apart - The Oahu Sidewinder. It has to come from within.

Meanwhile arch rival Vanessa is a total b-i-t-c-h. She ruins Laka's dress rehearsals but no matter what she does, Laka won't back down. Until... Laka gets an unexpected phone call -Tutu has been in an accident. Heavy stuff. Laka has to choose between being present for her Ohana or chasing her dream.

This is a coming of age story ending with Laka ready to balance commitment to family, and commitment to passion, learning maybe she doesn't need to be 2000 miles away to be her true self.

