Marta Selbryth returns to her family home in Bremerton, Washington after her first year as a professional ballet dancer. Her injury in Montana, at New Year's, 1958, precludes her ability to continue to dance.

Leaving the ballet company and her boyfriend Steve in Billings, Montana depresses Marta. She feels at loose ends until she takes a job with the community theatre making costumes, building sets and teaching young teens to dance for their summer play. She works with Dennis, a young carpenter and feels a romantic interest in him. She also meets Lily Rose, a former rock band singer who brings her rich friends to Marta's new exercise class at the Holland Dance Studio where Marta took her ballet training.

Marta enjoys teaching the women and also leading a class for young children. Both provide opportunities to practice as she attempts to rebuild her dance career. Lindsay Holland expands her studio space and asks Marta to take on additional responsibility which she does. When Lindsay becomes pregnant and requires bed rest, Marta and her mother must handle the winter programs. These jobs mean Marta will not be able to attend Steve's graduation or watch Lynne dance in Billings in the *Nutcracker*.

Steve buys Marta a plane ticket for after Christmas and arranges a surprise party with all her Billing's friends. For New Year's eve weekend, Steve and Marta drive to his family's mountain cabin to renew their relationship. But, when Marta refuses to accept an engagement ring and reveals that she continues to take diet pills, their reunion and their relationship disintegrate. Marta returns to Bremerton feeling lost.

Through the winter and into spring, Marta hears nothing from Steve, but he's silently stayed in contact with her mother to check on how she is doing. She begins dating Sam, a parent of one of the young students and feels a romantic connection grow with him. When Steve reappears in her life, he realizes she may have found another person to love. He leaves telling her it's her choice without revealing he's taken a newspaper reporter's job just hours away in Portland, Oregon.

Marta prepares two young dancers for ballet company auditions. Rosalia Marcus' mother interferes in the process which leads her to withdraw her daughter from the dance studio and file a lawsuit against the studio. She eavesdrops and spreads misinformation about the studio closing because Lindsay's Navy husband is being transferred to San Diego. Meanwhile, Marta's ankle fails, forcing her to realize her dance career has ended.

Marta and her mother's attempt to secure a loan to buy the studio falls through. They receive support when Lily Rose and others create a partnership to assist them. As the recital is completed, and Lindsay says good bye, Steve reappears. Marta decides she still cares for him and is now willing to move away from Bremerton if that is what their relationship demands.

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