

**Title:**

How to become a Vegas Showgirl

**Word Count:**

580

**Summary:**

Many young girls dream of growing up to become dancers, and becoming a Vegas Showgirl is how many dancers get their starts.

**Keywords:**

Vegas, las vegas, showgirls, dancer, dance, gambling, casinos, dance instructor, dancing, muscle, aerobic, dance lessons, carieer, fitness, diet, weight, training

**Article Body:**

All of the big Las Vegas casinos put on shows to attract crowds to the casino, and instead of hiring new dancers every time the change the show, they hire full time dancers and these girls are called Showgirls.

If you have ever thought about putting elaborate costumes and dancing in front of crowds every night, then becoming a Vegas Showgirl may be the job for you.

Being a Vegas Showgirl is not an easy job. You must be in top physical condition if you expect to be a professional dancer, and it is important to remember that not everyone will make it, becoming a professional dancer is a roll of the dice, you have better odds of winning an

[Online Craps](http://www.online-casinos-707.net/craps.html) game then making it as a dancer.

There are several things you can do to help improve your chances of getting your carrier as a Las Vegas Casino dancer started:

Dance lessons, if you want to be a professional dancer you have to learn several different styles of dance, and dance them all well. This may be the hardest part to becoming a dancer. This part will take many years and require you to spend several hours a day every day taking dancing lessons.

Physical Conditioning, dancing requires lots of endurance and stamina. Besides the workouts you will get from all the dancing lessons you will take you will also need to work out on your own regularly. These workouts should include

aerobic and some weight training.

Weight training should not be done to build muscle mass only for building strength and muscle toning. The best way to do this is by doing high repetition counts of low weights. This method will make the existing muscles stronger but will not bulk you up.

To pursue a career in dancing in a Vegas Casinos it is important to target the leg, stomach and back muscle groups. It is from these muscle groups that a dancer moves.

Diet, Dancers are required to be tossed around and lifted into the air, not to mention the fact that most dancers are skin tight and for these reasons dancers must always watch their weight.

Many Las Vegas Showgirls have to get on the scale every week and if they gain weight they could get thrown out of the show. Always remember there are many people that dream of dancing professionally, and the casinos will not hesitate to throw a girl out and replace her for the slightest reason.

Once you feel you are good enough you can start sending in resumes. A resume should include each different style of dance that you know and how long you have been doing it, and it should also include all prior dance experience.

A good way to get experience is to get yourself in as many different things you can. Local theater groups are a great way to gain experience. Getting a job as a dance instructor is also a good way to gain experience and practice at the same time.

By sending your resume to all the different casinos you can greatly increase your chances of getting at least one audition. Do not expect to get hired at the more popular casinos on your first audition. The bigger Las Vegas casinos usually like to hire girls with more experience, so you will probably have to work as a showgirl at a smaller casino first.