Materials:

* Oil paints
* Brushes (various sizes and shapes)
* Palette
* Linseed oil
* Turpentine
* Rags
* Paper towels
* Tape or glue (optional)

Steps:

1. Prepare your surface. If you are using a canvas, you will need to prime it first. This will help to prevent the oil paint from soaking into the canvas and will give your painting a smooth surface to work on.
2. Choose your subject. You can paint any figure that you like, but some popular subjects for figurative painting include people, animals, and landscapes.
3. Start by sketching your figure lightly on the canvas. This will help you to get the proportions right.
4. Once you are happy with your sketch, start to add colors using the oil paints. You can use any colors that you like, but it is important to choose colors that complement each other.
5. If you make a mistake, you can usually erase it with a rag dipped in turpentine. However, be careful not to over-erase, as this can damage the canvas.
6. Let your painting dry completely before displaying it.

Tips:

* Use a high-quality oil paint that will not fade or crack.
* Choose brushes that are the right size and shape for the type of painting that you are doing. A round brush is good for creating smooth, rounded shapes, while a flat brush is good for creating flat, even strokes. A filbert brush is a good all-purpose brush that can be used for both smooth and textured strokes.
* Use linseed oil to thin the oil paint and make it easier to apply.
* Use turpentine to clean your brushes and palette.
* Experiment with different painting techniques to find one that you like.
* Take your time and enjoy the process! Figurative painting is a great way to express yourself and your unique artistic vision.

Here are some additional tips for figurative painting with oil color:

* Oil paints are slow-drying, so you have plenty of time to work with them. However, this also means that you need to be patient and let the paint dry completely before adding another layer.
* Oil paints can be blended easily, so you can create smooth transitions between colors.
* Oil paints are very versatile, so you can use them to create a variety of effects, such as shading, blending, and impasto.
* Figurative painting with oil color can be used for a variety of purposes, such as creating portraits, landscapes, and still lifes.