Materials:

* Watercolors
* Brushes (various sizes and shapes)
* Water
* Paper towels
* Tape or glue (optional)
* Palette

Steps:

1. Prepare your paper. If you are using a light paper, you may want to tape or glue it to a piece of cardboard so that it doesn't move around.
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 paper. This will help you to get the proportions right.
4. Once you are happy with your sketch, start to add colors using the watercolors. 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 lift the paint off the paper with a damp brush. However, be careful not to overwork the paper, as this can damage it.
6. Let your painting dry completely before displaying it.

Tips:

* Use a high-quality watercolor that will not fade or bleed.
* 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.
* 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 watercolor on paper:

* Watercolors are transparent, so you can layer them to create different shades and effects.
* Watercolors are water-soluble, so you can easily blend them together.
* Watercolors are relatively inexpensive, so you can experiment with different colors and techniques without breaking the bank.
* Figurative painting with watercolor on paper can be used for a variety of purposes, such as creating greeting cards, signs, or even wall art.