Materials:

* Acrylic paints
* Brushes (round, flat, filbert)
* Palette
* Water
* Paper towels
* Canvas (primed is recommended)

Steps:

1. Prepare your canvas. If you are using a primed canvas, you may not need to gesso it. However, if you are using an unprimed canvas, you should gesso it first. This will help to prevent the paint from soaking into the canvas and will give your painting a smooth surface to work on.
2. Choose your colors. You can use any colors that you like, but some popular colors for figurative painting with acrylic colors on canvas include black, white, red, blue, and yellow.
3. Mix your colors. You can mix your own colors or use pre-mixed colors. If you are mixing your own colors, start with a small amount of each color and add more as needed.
4. Start painting. Begin by painting the background of your painting. Then, paint the figure. Use a variety of brushstrokes to create different textures in your painting.
5. Add details. Once you have painted the basic shapes of the figure, you can add details such as shading and highlights.
6. Let your painting dry. Allow your painting to dry completely before displaying it.

Tips:

* Use a light touch when painting on canvas. You can always add more paint, but it is difficult to take it away.
* Don't be afraid to experiment with different colors and combinations.
* Allow your painting to dry completely between layers of paint. This will help to prevent the paint from blending together.
* If you make a mistake, you can usually correct it by painting over it with a new color.

Here are some additional tips for figurative painting with acrylic colors on canvas:

* Use a variety of brushes to create different textures in your painting. 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 a palette to mix your colors. This will help to keep your colors from mixing together on the painting surface.
* Add water to your paints to thin them out. This will make them easier to apply and will help to create a more transparent effect.
* Don't be afraid to blend your colors. This can help to create a more realistic look.
* Let your painting dry completely before displaying it. This will help to prevent the paint from smudging.
* Use reference photos to help you get the details right.
* Take your time and enjoy the process!