When we start ( *tasting wine* )and really want to learn more about it one of the first things we do is start paying more attention when we taste wine on the first sip developing a ( *little routine* )of how we go about it and a little mental database a sensory checklist of characteristics that we look for is one of the first steps in really expanding your wine experience and building your ( *wine confidence* )when it comes to the mechanics of tasting there's a few things that we want to always do every time we try a new wine one is to look at the color a white background really helps to give us a sense of whether this red wine is ( *translucent or opaque* )for example or whether a white wine is almost water white or has that golden tinge that we associate with aging after looking at the color the next thing that we're going to do is swirl the glass and (  *swirling freehand* )like this up in the air can be a little dangerous the first time you try I recommend using a tabletop or a surface and holding the stem of the glass as if it was a pencil between your fingers pretend you're drawing little circles on the bar top after we've ( swirled )we've coated the inside of the wine glass with a layer of wine which increases its evaporation rate and amplifies it smells all of those scents that we know and appreciate in white and red wines are amplified so that swirling the wine glass is almost like turning up the volume on the stereo you're just doing it for your nose.

 after we've swirled and given it a sniff we're going to take *( a nice sip* ) a little bit larger than you might take as a sip socially and squish it around on the inside of the mouth before we're ready to swallow doing this makes sure that we coat every surface area that we hit every taste bud that we get as much textural impact as we can and really gives us a much stronger impression of the flavor and feel of the wine in the mouth you can almost pretend you're chewing the wine or even like it's your ( mouthwash )in the morning the important thing is to hold it for a few seconds and make sure you hit every surface among our senses therefore that we use when we're tasting wine visual sight we look at taste smell and touch as well on visuals.