

Cook John S  
 Form 4  
 February 15, 2007

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287  
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
 Cook John S

2. Issuer Name and Ticker or Trading Symbol  
 HORNBECK OFFSHORE SERVICES INC /LA [HOS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
 103 NORTH PARK BOULEVARD,  
 SUITE 300

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 02/13/2007

\_\_\_\_ Director  
 Officer (give title below)  
 \_\_\_\_ 10% Owner  
 \_\_\_\_ Other (specify below)  
 Vice President & CIO

(Street)  
 COVINGTON, LA 70433

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
				(A) or (D)	Price					
				Code	V	Amount				
COMMON STOCK	01/03/2007		A		329 <sup>(1)</sup>	A	\$ 30.35	11,192	D	
COMMON STOCK	02/13/2007		A		6,152 <sup>(2)</sup>	A	\$ 0	17,344	D	
COMMON STOCK	02/13/2007		A		12,304 <sup>(3) (4)</sup>	A	\$ 0	29,648	D	
COMMON STOCK								50	I	By UGMA custodian for



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public peers for the 3-year period ending 2/13/2010.

The actual amount of shares that will finally be received by the reporting person will be calculated as a percentage of the base shares amount as follows: (1) Top 20% = 200% of base shares; (2) Top 33-1/3%=between 150% and 200% of base shares; (3) Top 50% = (4) between 100% and 150% of base shares; (4) Top 66-2/3% = between 50% and 100% of base shares; and (5) Bottom 33-1/3% = no shares. Within categories (2), (3) and (4), the appropriate bonus and forfeiture factors related to the base shares amount will be interpolated on a straight-line basis between the two performance percentages.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.