Common Stock Option (Right to Purchase)

\$23.1

09/05/2006

х

4,000

(6)

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

	Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. <i>See</i> Instruction 1(b).
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL										
OMB Number: 3235-0287										
Estimated average burden										
hours por response:	0 5									

	tions may continue tion 1(b).	iue. See		File					a) of the Se				1934			hours	per re	sponse:	0.5
1. Name and Address of Reporting Person* <u>WAITE ANDREW L</u>						or Section 30(h) of the Investment Company Act of 1940 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) Director 10% Owner Officer (give title V Other (specify				
(Last) (First) (Middle) 600 TRAVIS, SUITE 6600						Date c /05/2		est Trar	isaction (M	lonth/	Day/Year)	below) Former Director							
(Street) HOUSTON TX 77002					= 4. If	 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applica Line) X Form filed by One Reporting Person Form filed by More than One Reporting 										on l			
(City) (State) (Zip)															Persor	1			
		Tab	le I - No	n-Deriv	/ative	Se	curiti	ies Ac	quired,	Dis	posed o	of, or B	enefic	cially	Owned	ł			
1. Title of Security (Instr. 3) 2. Transa Date (Month/E					ay/Year) if		2A. Deemed Execution Date, if any (Month/Day/Year)		ction Instr.	Dispose	d Of (D) (Ir	ies Acquired (A) o Of (D) (Instr. 3, 4 a		Reporte	es ally Following d	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	n: Direct or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
									Code	v	Amount	(A) (D)	^{or} Pri	ice Transa (Instr. 3					
Common	Stock			09/05	5/2006	/2006			М		11,99	9 A	. \$	6.63	11,999		99 D		
Common	Stock			09/05	5/2006	2006			М	1,70		0 A		11.2	13	3,699		D	
Common	Stock			09/05	5/2006	2006			М		4,000	D A	\$	\$13.83		17,699		99 D	
Common	Stock			09/05	5/2006	2006		М		4,000	0 A		23.1	21	1,699		D		
Common Stock 09/05/								M		2,425	5 A		27.74		4,124		D		
Common	Stock				5/2006				S					34.82			D		
		Т	able II -	Deriva (e.g., p	tive S outs, (Secı calls	uritie s, wa	s Acq rrants	uired, E s, optior)isp 1s, (osed of converti	, or Bei ble sec	neficia uritie	ally C s)	wned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Date,		ransaction Code (Instr.		n of E		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)		10. Ownershi Form: Direct (D) or Indirect (I) (Instr. 4	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code V		(A)	(D)	Date Exercisab		Expiration Date	Title	Amor or Numl of Share	ber					
Common Stock Option (Right to Purchase)	\$ 6.625	09/05/2006			x			333	(1)		(1)	Common Stock	33	3	\$0	23,791		D	
Common Stock Option (Right to Purchase)	\$ 6.625	09/05/2006			x			3,666	(2)		(2)	Common Stock	3,60	66	\$0	20,125	5	D	
Common Stock Option (Right to Purchase)	\$ 6.625	09/05/2006			x			8,000	(3)		(3)	Common Stock	8,00	00	\$0	12,125	5	D	
Common Stock Option (Right to Purchase	\$11.2	09/05/2006			x			1,700	(4)		(4)	Common Stock	1,70	00	\$0	10,425	5	D	
Common Stock Option (Right to	\$13.825	09/05/2006			x			4,000	(5)		(5)	Common Stock	4,00	00	\$0	6,425		D	

Common Stock

4,000

\$<mark>0</mark>

2,425

D

(6)

	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)														
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)					ate	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Common Stock Option (Right to Purchase)	\$27.74	09/05/2006		x			2,425	(7)	(7)	Common Stock	2,425	\$0	0	D	

Explanation of Responses:

1. Stock options issued on 3/9/2001. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/9/2011 if not exercised prior. Fully exercisable at 9/5/2006.

2. Stock options issued on 9/19/2001. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 9/19/2011 if not exercised prior. Fully exercisable at 9/5/2006.

3. Stock options issued on 3/5/2002. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/5/2012 if not exercised prior. Fully exercisable at 9/5/2006. 4. Stock options issued on 3/13/2003. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/13/2013 if not exercised prior. Fully exercisable at 9/5/2006.

5. Stock options issued on 2/17/2004. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 2/17/2014 if not exercised prior. Fully exercisable at 9/5/2006.

6. Stock options issued on 2/22/2005. Would expire on the earlier of 1 year after Mr. Waite's resignation (8/1/2007) or 2/22/2015 if not exercised prior. Fully exercisable at 9/5/2006.

7. Stock options issued on 7/18/2005. Would expire on the earlier of 1 year after Mr. Waite's resignation (8/1/2007) or 7/18/2015 if not exercised prior. Fully exercisable at 9/5/2006.

Andrew L. Waite 09/07/2006

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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