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. See
Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* HARP JAMES O JR (Last) (First) (Middle) 103 NORTHPARK BOULEVARD, SUITE 300 (Street) COVINGTON LA 70433						3. E 03/	2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC /LA [HOS] 3. Date of Earliest Transaction (Month/Day/Year) 03/16/2007 4. If Amendment, Date of Original Filed (Month/Day/Year)									5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title below) Executive Vice President & CFO 6. Individual or Joint/Group Filing (Check Applical Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					Owner (specify) CFO
(City)	(State)		Zip) 	n-Deriv	/ative		Curitia	ος Λ <i>α</i>	nuired	Die	nosed o	f or	Rono	fici	ally	Οννησ	ad			
Table I - Non-Deriva 1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)					action	ion 2A. Deemed Execution D			3. Transa Code (3. Transaction Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			or 5. Am and 5) Secur Benef		ount of ities icially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
						Code	v	Amount	(A (D) or)	Price		Transa	action(s) 3 and 4)			(Instr. 4)				
COMMON STOCK 03/16/2						/2007	2007			P		1,000	A \$		\$25.	998	5	56,936			
COMMON STOCK 03/16/2						/2007	2007					1,500	A		\$25	.97	58,436		D		
COMMON STOCK 03/16/2						/2007	2007					500		A	\$25.96		58,936		D		
COMMON STOCK																	1	2,784	I		By IRA
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. Conversio or Exercisi Price of Derivative Security	onversion Date Execution Date, F.Xercise (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) Execution Date, if any (Month/Day/Year) Execution Date, if any (Month/Day/Year) Execution Date, if any Ex			n Date,		Transaction Code (Instr. 8)		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		on Dat		7. Title and Amount of Securities Underlying Derivative Security (Instrand 4) Amount or Numbor of Title Share		unt			9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Own Forn Direc or In (I) (Ir		11. Nature of Indirect Beneficial Ownership (Instr. 4)

Explanation of Responses:

/s/ Paul M. Ordogne, as poa for 03/16/2007 James O. Harp, Jr.

** Signature of Reporting Person

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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.