FORM	4
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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).

#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)										
1. Name and Address of Reporting Person Bounds Cary M	2. Issuer Name and VAALCO ENER		~			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner				
(Last) (First) 9800 RICHMOND AVE., SUITE		3. Date of Earliest Transaction (Month/Day/Year) 02/28/2019					X_Officer (give title below)  Other (specify below)    Chief Executive Officer & COO			
(Street) HOUSTON, TX 77042		4. If Amendment, Date Original Filed(Month/Day/Year) 03/04/2019					6. Individual or Joint/Group Filing(Check Applicable Line) _X_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	1		f (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) 6. 7. N Ownership Form: Ben					
		(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownershi (Instr. 4)
Common Stock	02/28/2019		F <sup>(1)</sup>		13,772	D	\$ 2.33	366,636	D	
Commom Stock	02/28/2019		А		85,837	А	\$ 2.33	452,473	D	

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

Persons who respond to the collection of information contained in SEC 1474 (9-02) this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)															
Security (Instr. 3)	Conversion	Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transact Code	ion	5. Number of 6. Date Exercisable a		cisable and Date	7. Title and Amount of Underlying Securities		Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect	Beneficial Ownership (Instr. 4)	
				Code	v	(A)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(iiistr. 4)	
Employee Stock Option (right to purchase)	\$ 1.23	02/28/2019		А		162,145		(2)	02/28/2024	Common Stock	162,145	\$ 0	162,145	D	
Stock Appreciaition Right	\$ 1.23	02/28/2019		А		324,290		<u>(3)</u>	02/28/2024	Common Stock	324,290	\$ 0	324,290	D	

# **Reporting Owners**

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Bounds Cary M 9800 RICHMOND AVE. SUITE 700 HOUSTON, TX 77042	х		Chief Executive Officer & COO					

## Signatures

/s/ Cary Bounds, by Michael Silver, attorney-in-fact	03/05/2019
**Signature of Reporting Person	Date

## **Explanation of Responses:**

\* 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).
- (1) Shares withheld to satisfy tax withholding obligations upon vesting of restricted stock.
- (2) Employee Stock Options vest in equal installments on February 28, 2020, February 28, 2021 and February 28, 2022.
- (3) Stock Appreciation Rights vest in equal installments on February 28, 2020, February 28, 2021 and February 28, 2022.

#### **Remarks:**

Amendment filed to revise shares withheld for tax withholding obligations upon vesting of restricted stock in initial filing.

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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