FORM 4

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

OMB APPROVAL
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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 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Re	esponses)															
1. Name and Address of Reporting Person* Prochnow Elizabeth D					2. Issuer Name and Ticker or Trading Symbol VAALCO ENERGY INC /DE/ [EGY]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director Officer (give title below) Former Chief Financial Officer				
9800 RICHMOND AVE., SUITE 700					3. Date of Earliest Transaction (Month/Day/Year) 03/31/2021												
(Street)					4. If Amendment, Date Original Filed(Month/Day/Year)							_X_ Forn	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
HOUSTON, TX 77042 (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		3. Transa Code (Instr. 8)	4. Securities Ac (A) or Disposed			Acquir ed of (ed 5. Amo (D) Benefic Report	unt of Securit	nt of Securities ally Owned Following Transaction(s)		7. Nature of Indirect Beneficial	
							Code	V	Amou	(A on t (D	r	(Instr. :	C		Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Common Stock			03/31	/2021			D		89,51 (1)	5 D	\$	0 31,34	7		D		
(Instr. 3) Pric	Exercise	3. Transaction Date (Month/Day	Year) E	A. Deemed xecution Date	te, if Code	saction 8)	stills, warrants, op 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		ed, Disposed of, or Botions, convertible sec 6. Date Exercisable and Expiration Date (Month/Day/Year)			•	8. Price of	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Owners Form of Derivat Security Direct (or Indir	Beneficia Ownersh (Instr. 4)	
					Cod		4, and 5) (A) (D)	Date Exer		Expira Date	ution 7	Amou or Numb of Share	er				
Reportin	ıg O	wners															
Reporting Owner Name / Address			Relationships]						
			Director	10% Owner	Officer Other												
Prochnow Elizabeth D 9800 RICHMOND AVE. SUITE 700 HOUSTON, TX 77042					Former Chief Financial Officer												
Signatur	·es																

04/01/2021 Date

/s/Elizabeth Prochnow by Michael G. Silver as Attorney-in-Fact **Signature of Reporting Person

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) Represents shares of unvested restricted stock forfeited as a result of the reporting persons resignation from her position as the Chief Financial Officer of VAALCO Energy, Inc. effective March 31, 2021.

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.