

COOPER H HOWARD
Form 4
May 04, 2006

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, 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 *
COOPER H HOWARD

(Last) (First) (Middle)

2135 BURGESS CREEK ROAD,
NO. 7

(Street)

STEAMBOAT
SPRINGS, CO 80487

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
TETON ENERGY CORP [TEC]

3. Date of Earliest Transaction
(Month/Day/Year)
05/03/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director 10% Owner
____ Officer (give title below) Other (specify below)

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

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 Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
Common Stock	05/03/2006		M		79,000	A	\$ 3.48
Common Stock	05/03/2006		S		1,000	D	\$ 7.02
Common Stock	05/03/2006		S		2,500	D	\$ 7.05
Common Stock	05/03/2006		S		500	D	\$ 7.06
Common Stock	05/03/2006		S		500	D	\$ 7.1

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Common Stock	05/03/2006	S	9,000	D	\$ 7.15	76,121	D
Common Stock	05/03/2006	S	1,000	D	\$ 7.18	75,121	D
Common Stock	05/03/2006	S	500	D	\$ 7.2	74,621	D
Common Stock	05/03/2006	S	2,000	D	\$ 7.22	72,621	D
Common Stock	05/03/2006	S	4,700	D	\$ 7.23	67,921	D
Common Stock	05/03/2006	S	2,000	D	\$ 7.24	65,921	D
Common Stock	05/03/2006	S	3,100	D	\$ 7.25	62,821	D
Common Stock	05/03/2006	S	2,500	D	\$ 7.26	60,321	D
Common Stock	05/03/2006	S	1,000	D	\$ 7.27	59,321	D
Common Stock	05/03/2006	S	5,000	D	\$ 7.28	54,321	D
Common Stock	05/03/2006	S	2,300	D	\$ 7.29	52,021	D
Common Stock	05/03/2006	S	6,100	D	\$ 7.3	45,921	D
Common Stock	05/03/2006	S	3,300	D	\$ 7.32	42,621	D
Common Stock	05/03/2006	S	8,000	D	\$ 7.35	34,621	D
Common Stock	05/03/2006	S	4,000	D	\$ 7.36	30,621	D
Common Stock	05/03/2006	S	4,700	D	\$ 7.37	25,921	D
Common Stock	05/03/2006	S	4,800	D	\$ 7.38	21,121	D
Common Stock	05/03/2006	S	3,000	D	\$ 7.4	18,121	D
Common Stock	05/03/2006	S	1,000	D	\$ 7.41	17,121	D
Common Stock	05/03/2006	S	2,000	D	\$ 7.42	15,121	D
	05/03/2006	S	4,000	D		11,121	D

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Common stock					\$			
					7.43			
Common Stock	05/03/2006		S	500	D	\$	10,621	D
					7.45			

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

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(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V (A) (D)		
Stock Options (Right to Buy)	\$ 3.48	05/03/2006		M	79,000	04/09/2003 04/09/2013	Common Stock, \$.001 par value	79,000	

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

COOPER H HOWARD
2135 BURGESS CREEK ROAD, NO. 7
STEAMBOAT SPRINGS, CO 80487

X

Signatures

H. Howard
Cooper 05/04/2006

**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).

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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