

TETON ENERGY CORP
 Form 4
 April 14, 2006

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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)
04/12/2006

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	04/12/2006		M		17,300 A \$ 3.48	27,921	D	
Common Stock	04/12/2006		S		1,200 D \$ 6.75	26,721	D	
Common Stock	04/12/2006		S		100 D \$ 6.77	26,621	D	
Common Stock	04/12/2006		S		12,100 D \$ 6.8	14,521	D	
Common Stock	04/12/2006		S		1,700 D \$ 6.81	12,821	D	

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Common Stock	04/12/2006	S	500	D	\$ 6.85	12,321	D
Common Stock	04/12/2006	S	300	D	\$ 6.9	12,021	D
Common Stock	04/12/2006	S	1,000	D	\$ 6.95	11,021	D
Common Stock	04/12/2006	S	400	D	\$ 7.05	10,621	D
Common Stock	04/13/2006	M	10,000	A	\$ 3.48	20,621	D
Common Stock	04/13/2006	S	10,000	D	\$ 6.8	10,621	D

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

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SEC 1474
(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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 3.48	04/12/2006		M	17,300	04/09/2003	04/09/2013	Common Stock, \$.001 par value	17,300
Stock Options (Right to Buy)	\$ 3.48	04/13/2006		M	10,000	04/09/2003	04/09/2013	Common Stock, \$.001 par value	10,000

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

04/14/2006

**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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