## FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)																	
1. Name and Address of Reporting Person * Ghauri Shahid					2. Issuer Name and Ticker or Trading Symbol W&T OFFSHORE INC [WTI]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner						
(Last) (First) (Middle) 5718 WESTHEIMER RD, SUITE 700					3. Date of Earliest Transaction (Month/Day/Year) 03/21/2022								X Officer (give title below) Other (specify below)  See Remarks						
(Street)				4. If	4. If Amendment, Date Original Filed(Month/Day/Year)								6. Individual or Joint/Group Filing(Check Applicable Line)  _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person						
HOUST	ON, TX 77	057												roini inc	ed by More man	One Reporting	reison		
(City	)	(State)	(Zip)			Ta	able I	- Non	-Der	ivative	Secu	rities A	Acqui	red, Disp	osed of, or l	Beneficially	Owned		
1.Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)				if Code (Instr. 8)		(A) or I		urities Acquired Disposed of (D) 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		Following	6. Ownership Form:	of I Ber	Beneficial	
				(Mor	(Month/Day/Year			ode	V	Amour		(A) or (D)	Price	(Instr. 3 and 4)			\ /		vnership str. 4)
Common	Stock		03/21/2022				5	S		116,41	11 [		\$ 4.5	6,670			D		
			Table II					quire	the f	form dis	spla	ys a c r Bene	urrer eficial			spond unle trol numbe			
1. Title of		3. Transactio		d	puts, call		5.		6. D	ate Exer	cisab	ole	7. Ti	tle and		9. Number			11. Nature
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	Date (Month/Day/	Year) any	ŕ			Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		(Month/Day/Year)		Unde	ount of erlying critics r. 3 and	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Securi Direct or Indi	of tive ty: (D) rect	Beneficial Ownershij (Instr. 4)		
									Date Exer	e rcisable	Expi	iration e	Title	Amount or Number of					

#### **Reporting Owners**

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Ghauri Shahid 5718 WESTHEIMER RD, SUITE 700 HOUSTON, TX 77057			See Remarks			

## **Signatures**

/s/ By Shahid Ghauri	03/23/2022
**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) Sales made to cover personal expenses for family elder care.
- (2) This price is a weighted average price. These shares were sold in two separate transactions, the first of which included 16,411 shares sold at \$4.45 per share and the second included 100,000 shares sold at \$4.51 per share.

#### Remarks

Vice President, General Counsel and Corporate Secretary

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.