FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

vasilington, D.C. 20049	Vashington,	D.C.	20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APP	ROVAL
	OMB Number:	3235-0287
	Estimated average b	ourden
- 1	houre per reenonce.	0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

Name and Address of Reporting Person* Morabito Paula					2. Issuer Name and Ticker or Trading Symbol Orchid Island Capital, Inc. [ORC]							neck all appli X Directo	or		10% Ov	ner
(Last) 3305 FL	(Fi AMINGO I	•	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 06/29/2020								Officer (give title below)			pecify
(Street) VERO B (City)	SEACH FI	tate)	32963 (Zip)	_				of Original File	`	, ,	Lin	X Form f Form f Persor	iled by One iled by More	Repo	rting Perso	n
		Tab	le I - Non-Deri	vative	e Sec	urities	s Ac	quired, Di	sposed o	of, or Be	neficia	lly Owned	i			
1. Title of S	Security (Inst	tr. 3)	Date	saction /Day/Ye	ear) E	A. Deeme xecution any Month/Da	Date,	Code (Inst	n Dispose	ities Acquire d Of (D) (Ins		Benefici	es ally Following	Form:	: Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership Instr. 4)
								Code V	Amount	(A) or (D)	Price	Transac (Instr. 3				,
			<u>`</u>													
		T	able II - Deriv (e.g.,					uired, Dis s, options,				y Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)			calls		ber ive ies ed		converti		rities)	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	у	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
Derivative Security	Conversion or Exercise Price of Derivative	3. Transaction Date	(e.g., 3A. Deemed Execution Date, if any	4. Transa Code (action (Instr.	5. Num of Derivat Securit Acquire (A) or Dispos of (D) (Instr. 3	ber ive ies ed	6. Date Exerc Expiration Da	converti	7. Title and Amount of Securities Underlying Derivative	rities)	8. Price of Derivative Security	derivative Securities Beneficiall Owned Following Reported Transactio	у	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership
Derivative Security	Conversion or Exercise Price of Derivative	3. Transaction Date	(e.g., 3A. Deemed Execution Date, if any	9. 4. Transa Code (8)	action (Instr.	5. Num of Derivat Securit Acquir (A) or Dispos of (D) (Instr. 3 and 5)	ber iive iies ed ed	6. Oate Exerc Expiration Da (Month/Day/V	converti	7. Title and Amount of Securities Underlying Derivative (Instr. 3 ar	Amount or Number of	8. Price of Derivative Security	derivative Securities Beneficiall Owned Following Reported Transactio	y n(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership

Explanation of Responses:

- 1. Each deferred stock unit represents a right to receive one share of the Issuer's common stock.
- 2. Deferred stock units issued in lieu of the issuer's monthly dividend pursuant to the reporting person's election.
- 3. The deferred stock units are 100% vested but do not become payable until the reporting person's separation from service as a director of the Issuer.

/s/ Paula Morabito

07/01/2020

** Signature of Reporting Person

Date

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

- * 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.