FORM 4

obligations may continue. See Instruction 1(b).

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

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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* <u>Bitting W Coleman</u>					2. Issuer Name and Ticker or Trading Symbol Orchid Island Capital, Inc. [ORC]										all applic	cable) or	g Pers	son(s) to Iss 10% Ov	vner
	CHID ISLA	AND CAPITAL,	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 04/01/2020									Officer (give title below)		Other (s below)		specify
3305 FLAMINGO DRIVE (Street)					4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person					
VERO BEACH FL 32963													Form filed by More than One Reporting Person						
(City)	(S	tate)	(Zip)																
		Tab	le I - Non-I	Deriva	tive	Sec	curitie	s Ac	quired, [Disp	osed o	of, or Be	neficia	lly	Owned	i .			
1. Title of Security (Instr. 3) 2. Transac Date (Month/D:					Execution Da			Date	Code (Ins					4 and Securitie Benefici		es Formally (D) (Following (I) (II)		n: Direct r Indirect istr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
									Code	v	Amount	(A) or (D) Pr			Transact (Instr. 3	ction(s)			,,
	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 Da if any (Month/Day/Y	ate, Ti	4. Transaction Code (Instr 8)				6. Date Exe Expiration (Month/Day	Date		7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		De Se	Price of erivative ecurity nstr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				С	ode	v	(A)	(D)	Date Exercisable		xpiration ate	Title	Amount or Number of Shares						
Deferred Stock Units	(1)	04/01/2020			A		3,813		(2)		(2)	Common Stock	3,813		\$0	15,976	5	D	

Explanation of Responses:

- 1. Each deferred stock unit represents a right to receive one share of the Issuer's common stock.
- 2. 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/ W Coleman Bitting 04/02/2020

** 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.