UNITED STATES SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

SCHEDULE 13D

(Rule 13d-101)

UNDER THE SECURITIES EXCHANGE ACT OF 1934 (Amendment No. 7)*

Northern Oil and Gas, Inc.

(Name of Issuer)

Common Stock, par value \$0.001 (Title of Class of Securities)

665531109 (CUSIP NUMBER)

D. Forest Wolfe Angelo, Gordon & Co, L.P. 245 Park Avenue, 26th Floor New York, NY 10167 Tel. No.: (212) 692-8220

COPIES TO:

Jason Daniel
Akin Gump Strauss Hauer & Feld LLP
2300 N. Field Street
Suite 1800
Dallas, TX 75201
(214) 969-4209
(Name, Address and Telephone Number of Person Authorized to Receive Notices and Communications)

Fahrmany 21 2020

February 21, 2020 (Date of event which requires filing of this statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition which is the subject of this Schedule 13D/A, and is filing this schedule because of Rule 13d-1(e), 13d-1(f) or 13d-1(g) check the following box \Box

The information required in the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934, as amended (the "Act"), or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act.

* The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

1	NAME OF REPORTING PERSONS					
	Angelo, Gordon & Co., L.P.					
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP* (a) □ (b) □					
3	SEC USE ONLY					
4	SOURCE OF FUNDS*					
	AF					
5	CHECK BOX	IF DI	SCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEM 2(d) or 2(e)			
6	CITIZENSHIP OR PLACE OF ORGANIZATION					
	Delaware					
7 SOLE VOTING POWER						
N	UMBER OF		41,777,038 (1)			
RE	SHARES NEFICIALLY	8	SHARED VOTING POWER			
	OWNED BY					
R	EACH EPORTING	9	SOLE DISPOSITIVE POWER			
	PERSON WITH		41,777,038 (1)			
			SHARED DISPOSITIVE POWER			
11						
	41,777,038 (1)					
12						
13						
	9,99%					
14						
	IA, PN					
	11.3, 2.1.1					

⁽¹⁾ Consisting of 29,376,225 shares of common stock, par value \$0.001 per share ("Common Stock"), of Northern Oil and Gas, Inc. (the "Issuer") and the number of shares of Common Stock into which shares of 6.500% Series A Perpetual Cumulative Convertible Preferred Stock ("Preferred Stock") of the Issuer is convertible, subject to the limitations of the Conversion Cap.

1	NAME OF REPORTING PERSONS					
	AG Partners, L.P.					
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP*					
	(a)					
3	SEC USE ONLY					
4	SOURCE OF	FUNE)S*			
	AF					
5	CHECK BOX	IF DI	SCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEM 2(d) or 2(e)			
6		OR I	PLACE OF ORGANIZATION			
	D 1					
	Delaware	7	SOLE VOTING POWER			
N	UMBER OF SHARES	0	41,777,038 (1)			
BE	NEFICIALLY	8	SHARED VOTING POWER			
(OWNED BY EACH		0			
R	EPORTING	9	SOLE DISPOSITIVE POWER			
	PERSON WITH		41,777,038 (1)			
WIIH		10	SHARED DISPOSITIVE POWER			
11	0 11 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON					
12	41,777,038 (1) CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES*					
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES*					
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)					
	9.99%					
14						
	DN					
	PN					

⁽¹⁾ Consisting of 29,376,225 shares of Common Stock and the number of shares of Common Stock into which shares Preferred Stock is convertible, subject to the limitations of the Conversion Cap.

1	NAME OF REPORTING PERSONS					
	JAMG LLC					
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP* (a) □ (b) □					
3	SEC USE ONLY					
4	SOURCE OF FUNDS*					
	AF					
5	CHECK BOX	IF DIS	CLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEM 2(d) or 2(e)			
6		OR P	LACE OF ORGANIZATION			
	Delaware					
NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH		8 9 10	SOLE VOTING POWER 41,777,038 (1) SHARED VOTING POWER 0 SOLE DISPOSITIVE POWER 41,777,038 (1) SHARED DISPOSITIVE POWER 0			
11	41,777,038 (1)					
12						
13						
	9,99%					
14	TYPE OF REP	ORTI	NG PERSON*			
	00					

⁽¹⁾ Consisting of 29,376,225 shares of Common Stock and the number of shares of Common Stock into which shares Preferred Stock is convertible, subject to the limitations of the Conversion Cap.

1	NAME OF REPORTING PERSONS					
	Michael L. Gordon					
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP* (a) □ (b) □					
3	SEC USE ONLY					
4	SOURCE OF FUNDS*					
	AF					
5	CHECK BOX	IF DIS	CLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEM 2(d) or 2(e)			
6	CITIZENSHIP	OR P	LACE OF ORGANIZATION			
	United States o	f Ame				
		7	SOLE VOTING POWER			
1	NUMBER OF		41,777,038 (1)			
	SHARES ENEFICIALLY	8	SHARED VOTING POWER			
	OWNED BY		0			
	EACH REPORTING	9	SOLE DISPOSITIVE POWER			
	PERSON WITH		41,777,038 (1)			
WIIH		10	SHARED DISPOSITIVE POWER			
			0			
11	AGGREGATE	AMO	UNT BENEFICIALLY OWNED BY EACH REPORTING PERSON			
	41,777,038 (1)					
12	CHECK BOX	IF TH	E AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES*			
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)					
	9.99%					
14	TYPE OF REPORTING PERSON*					
	IN, HC					

⁽¹⁾ Consisting of 29,376,225 shares of Common Stock and the number of shares of Common Stock into which shares Preferred Stock is convertible, subject to the limitations of the Conversion Cap.

AMENDMENT NO. 7 TO SCHEDULE 13D

This Amendment No. 7 to Schedule 13D amends and supplements the Schedule 13D filed by (i) Angelo, Gordon & Co., L.P., a Delaware limited partnership ("Angelo Gordon"), (ii) AG Partners, L.P., a Delaware limited partnership ("AG Partners"), (iii) JAMG LLC, a Delaware limited liability company ("JAMG") and (iv) Michael L. Gordon (collectively with Angelo Gordon, AG Partners and JAMG, the "Reporting Persons") with the Securities and Exchange Commission (the "SEC") on August 30, 2019, as amended by the Amendment No. 1 to Schedule 13D filed on October 21, 2019, Amendment No. 2 to Schedule 13D filed on November 5, 2019, Amendment No. 3 to Schedule 13D filed on November 11, 2019, Amendment No. 4 to Schedule 13D filed on November 20, 2019, Amendment No. 5 to Schedule 13D filed on January 22, 2020 and Amendment No. 6 to Schedule 13D filed on February 13, 2020 (the "Schedule 13D").

This Amendment No. 7 amends and supplements the Schedule 13D as specifically set forth herein.

All capitalized terms contained herein but not otherwise defined shall have the meanings ascribed to such terms in the Schedule 13D. Information given in response to each item shall be deemed incorporated by reference in all other items, as applicable.

Item 5. Interest in Securities of the Issuer

Item 5 of the Schedule 13D is hereby amended and restated to read as follows.

(a) - (b) Items 7 through 11 and 13 of each of the cover pages of this Schedule 13D are incorporated herein by reference. Such information is based on 405,787,759 shares of Common Stock outstanding as of November 8, 2019, as reported in the Issuer's Form 10-Q filed with the Securities and Exchange Commission on November 12, 2019 and the shares of Common Stock issuable upon the conversion of the Preferred Stock, as limited by the Conversion Cap.

Angelo Gordon, in its capacity as investment manager to the Accounts, has sole power to vote 41,777,038 shares of Common Stock and the power to dispose of 41,777,038 shares of Common Stock, consisting of 29,376,225 shares of Common Stock held in the Accounts and 12,400,813 shares of Common Stock issuable upon the conversion of the Preferred Stock, as limited by the Conversion Cap. As the sole general partner of Angelo Gordon, AG Partners may be deemed to have the sole power to vote 41,777,038 shares of Common Stock and the power to dispose of 41,777,038 shares of Common Stock, as per above. As the general partner of AG Partners, JAMG may be deemed to have the sole power to vote 41,777,038 shares of Common Stock and the power to dispose of 41,777,038 shares of Common Stock, as per the above. As the managing member of JAMG and the chief executive officer of Angelo Gordon, Michael L. Gordon may be deemed to have sole power to vote 41,777,038 shares of Common Stock, as per the above.

- (c) Transactions in the shares of Common Stock by the Reporting Persons since February 12, 2020 are listed in Annex A attached hereto, which is incorporated herein by reference.
- (d) Not Applicable.
- (e) Not Applicable.

Signature

After reasonable inquiry and to the best of my knowledge and belief, the undersigned certifies that the information set forth in this statement is true, complete and correct.

Dated: February 24, 2020

ANGELO, GORDON & CO., L.P.

By: AG Partners, L.P. Its General Partner

By: JAMG LLC Its General Partner

By: MICHAEL L. GORDON Its Managing Member

By: /s/ Kirk Wickman Kirk Wickman Attorney-in-Fact

AG PARTNERS, L.P.

By: JAMG LLC Its General Partner

By: MICHAEL L. GORDON Its Managing Member

By: /s/ Kirk Wickman Kirk Wickman Attorney-in-Fact

JAMG LLC

By: MICHAEL L. GORDON Its Managing Member

By: /s/ Kirk Wickman Kirk Wickman Attorney-in-Fact

MICHAEL L. GORDON

By: /s/ Kirk Wickman Kirk Wickman Attorney-in-Fact

Annex A

The following table sets forth all transactions by the Reporting Persons (on behalf of the Accounts) with respect to shares of Preferred Stock effected since February 12, 2020, inclusive of any transactions effected through 4:00 p.m., New York City time, on February 24, 2020. Except as otherwise noted below, all such transactions were purchases of Preferred Stock effected in the open market, and the table excludes commissions paid in per share prices.

Trade Date	Amount Purchased/(Sold)	Price
2/13/2020	10,800	94.942
2/14/2020	14,200	94.884
2/18/2020	3,800	93.75
2/19/2020	12,000	94.928
2/20/2020	4,000	95.5
2/21/2020	25,000	96.75
2/21/2020	50,000	96.75
2/21/2020	9,926	97
2/21/2020	11,779	95.333