754. Reach a Number

Description

You are standing at position `0` on an infinite number line. There is a destination at position `target`.

You can make some number of moves `numMoves` so that:

- On each move, you can either go left or right.
- During the `i th` move (starting from `i == 1` to `i == numMoves`), you take `i` steps in the chosen direction.

Given the integer `target`, return *the* ***minimum*** *number of moves required (i.e., the minimum* `numMoves` *) to reach the destination*.

Example 1:

```
Input: target = 2
Output: 3
Explanation:
On the 1st move, we step from 0 to 1 (1 step).
On the 2nd move, we step from 1 to -1 (2 steps).
On the 3rd move, we step from -1 to 2 (3 steps).
```

Example 2:

```
Input: target = 3
Output: 2
Explanation:
On the 1st move, we step from 0 to 1 (1 step).
On the 2nd move, we step from 1 to 3 (2 steps).
```

Constraints:

- `-10^9 <= target <= 10^9`
- `target != 0`