1144. Decrease Elements To Make Array Zigzag

Description

Given an array `nums` of integers, a *move* consists of choosing any element and **decreasing it by 1**.

An array `A` is a *zigzag array* if either:

- Every even-indexed element is greater than adjacent elements, ie. `A[0] > A[1] < A[2] > A[3] < A[4] > ...`
- OR, every odd-indexed element is greater than adjacent elements, ie. `A[0] < A[1] > A[2] < A[3] > A[4] < ...`

Return the minimum number of moves to transform the given array `nums` into a zigzag array.

Example 1:

```
Input: nums = [1,2,3]
Output: 2
Explanation: We can decrease 2 to 0 or 3 to 1.
```

Example 2:

```
Input: nums = [9,6,1,6,2]
Output: 4
```

Constraints:

- `1 <= nums.length <= 1000`
- `1 <= nums[i] <= 1000`