

$$\frac{1[14][45]\langle 46\rangle}{[34]\langle 2|1+3|4\rangle\langle 4|5+6|4\rangle} +$$

$$\frac{1[14][24]\langle 46\rangle^2}{[34]\langle 56\rangle\langle 4|2+3|4\rangle\langle 4|5+6|4\rangle}$$