A *Stepping Number* is an integer such that all of its adjacent digits have an absolute difference of exactly 1. For example, 321 is a Stepping Number while 421 is not.

Given two integers low and high, find and return a **sorted** list of all the Stepping Numbers in the range [low, high] inclusive.

**Example 1:**

**Input:** low = 0, high = 21

**Output:** [0,1,2,3,4,5,6,7,8,9,10,12,21]

**Constraints:**

* 0 <= low <= high <= 2 \* 10^9