Write a function to find the Hamming Distance

```
public int totalHammingDistance(int[] nums) {
    int total = 0;
    for(int i = 0; i < nums.length - 1; i++){
        int bitCount = 0;
        for(int j = i + 1; j < nums.length; j++){
            bitCount += (nums[i] >> j) & 1;
        }
        total += bitCount;
    }
    return total;
}
```