Two Orbits in Different Phase-space Coordinates and Projections 6 1.01.0 0.50.50.0 -0.0-1.0-1.0 $-1.5^{L}_{7}$ 80 R + offset [kpc] $J_z \cos(\theta_z) \, [\mathrm{km \, kpc \, s^{-1}}]$