Two orbits in different phase-space coordinates and projections 1.5 1.0 1.0 0.5 -0.5[kpc]0.0 -0.0 $\sin(heta_z)$ -0.5-0.5-1.0 -1.5^{L}_{7} 80 $R [\mathrm{kpc}]$ $v_z \, [\mathrm{km \, s^{-1}}]$ $^{\prime}J_{z}\cos(\theta_{z}) \, [\mathrm{km}\,\mathrm{kpc}\,\mathrm{s}^{-1}]$