

$$n \rightarrow \left\{ \begin{array}{ll} l = 0 & \rightarrow m_l = \left\{ \begin{array}{l} 0 \end{array} \right\} \quad \Big| \quad \# = 1 \\ \\ l = 1 & \rightarrow m_l = \left\{ \begin{array}{l} -1 \\ 0 \\ 1 \end{array} \right\} \quad \Big| \quad \# = 3 \\ \\ l = 2 & \rightarrow m_l = \left\{ \begin{array}{l} -2 \\ -1 \\ 0 \\ 1 \\ 2 \end{array} \right\} \quad \Big| \quad \# = 5 \\ \\ \dots & \\ \\ l = n - 1 & \rightarrow m_l = \left\{ \begin{array}{l} -(n - 1) \\ -(n - 2) \\ \dots \\ 0 \\ \dots \\ (n - 2) \\ (n - 1) \end{array} \right\} \quad \Big| \quad \# = 2l + 1 \end{array} \right.$$