Absecutive

First, note that the result will have at least $r - l$ good pairs. Then, if l is negative and r is positive, there will be additional pairs:

- One for each negative value whose magnitude is one less than a positive value;
- One for each positive value that is one less than the magnitude of a negative value.

The answer can be computed in constant time. Just be careful to use an appropriate data type, as the answer can range between $[0, 4 \cdot 10^9 - 2]$.