Taken from

List example

1. one
2. two
    - two point one
    - two point two
3. three

    three item one
    three def one

4. four

    four def one
    this looks like a continuation
    and is often used
    instead
    of

5. five
    1. five sub 1
        1. five sub 1 sub 1
    2. five sub 2