$$|+,n_{L}-1,n_{R}+1\rangle$$

$$|-,n_{L},n_{R}\rangle$$

$$|+,n_{L}-2,n_{R}+2\rangle$$

$$|-,n_{L}-1,n_{R}+1\rangle$$

$$|-,n_{L}-1,n_{R}+1\rangle$$

$$|-,n_{L}-2,n_{R}+2\rangle$$

$$|-,n_{L}-2,n_{R}+2\rangle$$