54. Spiral Matrix

link

我写的就是简单的四部一次循环, 注意每次index改变的时候判断

```
public List<Integer> spiralOrder(int[][] matrix) {
        List<Integer> res = new ArrayList();
        if(matrix.length == 0) return res;
        int up = 0, left = 0, down = matrix.length - 1, right = matrix[0].length -
    1;
        while(up <= down && left <= right){</pre>
            for(int i = left; i <= right; ++i){</pre>
                res.add(matrix[up][i]);
            up++;
            if(up > down) break;
            for(int j = up; j <= down; ++j){</pre>
                res.add(matrix[j][right]);
            right--;
            if(right < left) break;</pre>
            for(int i = right; i >= left; --i){
                res.add(matrix[down][i]);
            down--;
//
              if(down < up) break;这里可以在while循环里面判断
            for(int j = down; j \ge up; --j){
                res.add(matrix[j][left]);
            left++;
        return res;
    }
```