66 Let i and j be indexes of list L. Express $i \rightarrow L\, j \mid j \rightarrow L\, i \mid L$ without using $\mid$.

After trying the question, scroll down to the solution.

§ $L[0;..i{\downarrow}j\ ;\ i{\uparrow}j\ ;\ i{\downarrow}j+1;..i{\uparrow}j\ ;\ i{\downarrow}j\ ;\ i{\uparrow}j+1;..\#L]$

or $[(\sim L){\triangleleft}j{\triangleright}L\,i{\triangleleft}i{\triangleright}L\,j]$