l_before_swap[4,23]

$\forall T$:Type, L:T List, i:$\mathbb{N}_{<\|L\|\,-1}$, a, b:T.
a before $b \in \text{swap}(L;i;i+1) \Rightarrow a$ before $b \in L \lor a = L[i+1]$ & $b = L[i]$