

[1. 1. 1. 1. 1. 1. 3]

[1. 3. 1. 1. 1. 1. 1]

[1. 1. 1. 1. 1. 3. 1]

↑ ↑ ↑
nums[left] nums[mid] nums[right]

when $\text{nums}[\text{mid}] == \text{nums}[\text{right}]$ or
 $\text{nums}[\text{mid}] == \text{nums}[\text{left}]$.

We don't know the order within range.

we only know $\text{nums}[\text{right}]$ or $\text{nums}[\text{left}]$
is not the target.

so we can move left or right by 1.