

R' U' F D' B L' B L F' U2 B2 L' D L2 B2 R' U2 D2 L B2 R B2 R' U' F

U F' R2 F
(U' L B2 U' R)
(D L2 D' L2 D L2 F2 U')
(R2 B2 D2 L2 R2)

U F' R2 F R2 L2 [D2 B2 R2 U F2 L2 D' L2 D L2 D'] R' U B2 L' U

Keep in mind that you want to isolate the longest sequence that starts and ends with a DR top/bottom move. In this example, even though R2 L2 is part of the post-DR moves we're going to not include them since they aren't U/D moves. The sequence of interest here is therefore the one in the []

Do: R' U B2 L' U <s> U F' R2 F L2 R2

Here we can do D2 or Dw2, but honestly I cannot see which one of these is better at the moment so lets stick to D2

D2 B2 R2

U or Uw, but once again I can't really tell so

D2 B2 R2 U F2 L2

D' or Dw' here but clearly D' is the better one since it helps to solve the left part of the 2e2e

D2 B2 R2 U F2 L2 D' L2

Okay now we're in trouble, the E slice clearly needs +2 moves to solve from here, let's backtrack to the last of the "not sure" turns and widen it

D2 B2 R2 Uw F2 L2

Dw' is better now since we can bring that 3e to the left side

D2 B2 R2 Uw F2 L2 Dw' L2

It's clear now that the rest can be resolved with a +1, but we still have moves that we have yet to try widening:

Dw2 B2 R2

Not sure just try U

Dw2 B2 R2 U F2 L2

It's starting to look good here, noting that Dw' preserves the huge blue 123 block it's probably the right choice:

Dw2 B2 R2 U F2 L2 Dw' L2

And the rest is obvious from here:

Dw2 B2 R2 U F2 L2 Dw' L2 D L2 Dw//done