Given an integer array nums, return *the number of triplets chosen from the array that can make triangles if we take them as side lengths of a triangle*.

**Example 1:**

Input: nums = [2,2,3,4]  
Output: 3  
Explanation: Valid combinations are:   
2,3,4 (using the first 2)  
2,3,4 (using the second 2)  
2,2,3

**Example 2:**

Input: nums = [4,2,3,4]  
Output: 4

**Constraints:**

* 1 <= nums.length <= 1000
* 0 <= nums[i] <= 1000