You are given an integer array nums and two integers minK and maxK.

A **fixed-bound subarray** of nums is a subarray that satisfies the following conditions:

* The **minimum** value in the subarray is equal to minK.
* The **maximum** value in the subarray is equal to maxK.

Return *the* ***number*** *of fixed-bound subarrays*.

A **subarray** is a **contiguous** part of an array.

**Example 1:**

Input: nums = [1,3,5,2,7,5], minK = 1, maxK = 5  
Output: 2  
Explanation: The fixed-bound subarrays are [1,3,5] and [1,3,5,2].

**Example 2:**

Input: nums = [1,1,1,1], minK = 1, maxK = 1  
Output: 10  
Explanation: Every subarray of nums is a fixed-bound subarray. There are 10 possible subarrays.

**Constraints:**

* 2 <= nums.length <= 105
* 1 <= nums[i], minK, maxK <= 106