Count Subarrays With Fixed Bounds

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 <= 10^5
- 1 <= nums[i], minK, maxK <= 10^6