Given a string s, return *the length of the longest substring between two equal characters, excluding the two characters.* If there is no such substring return -1.

A **substring** is a contiguous sequence of characters within a string.

**Example 1:**

**Input:** s = "aa"

**Output:** 0

**Explanation:** The optimal substring here is an empty substring between the two 'a's.

**Example 2:**

**Input:** s = "abca"

**Output:** 2

**Explanation:** The optimal substring here is "bc".

**Example 3:**

**Input:** s = "cbzxy"

**Output:** -1

**Explanation:** There are no characters that appear twice in s.

**Example 4:**

**Input:** s = "cabbac"

**Output:** 4

**Explanation:** The optimal substring here is "abba". Other non-optimal substrings include "bb" and "".

**Constraints:**

* 1 <= s.length <= 300
* s contains only lowercase English letters.