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.