Why does it take so long to import a character and enter and leave Composer mode?

Check if the character has some enormous sprite textures comprised of vast empty spaces. Have all sprite textures cropped down to the borders of its content and try again.

Reallusion FAQ

https://kb.reallusion.com/Product/53113/Why-does-it-take-so-long-to-import-a-character-and-enter-and-l