Past perfect progressive

Can you write these sentences in the past perfect progressive tense?

Remember the rule: **had been + 'ing' verb = past perfect progressive**

For example:

Mr Milne (eating) had been eating biscuits all day.

1.	We (sleep)	_ for 12 hours when he woke us up.
2.	They (wait)	_ at the station for 90 minutes.
3.	We (look for)	her ring for two hours.
4.	l (not/walk) rain.	for a long time, when it began to
5.	How long (learn/she) London?	English before she went to
6.	Frank Sinatra caught the flu because he (sing) the rain.	in
7.	He (drive) l petrol.	ess than an hour when he ran out of
8.	They were very tired in the evening because they (help) on the farm all day.	
9.	l (not/work) disco.	_; so I wasn't tired and went to the
10	. They (cycle)	all day so their legs were sore.