Directions in Music

Became a puzzle maestro by solving for the musical directions here.

RGSOADINO	
TEIMLSNSIO	
ECNDSAHZRO	
OSTUSENTO	<u>-</u>
SROIGOOV	<u>-</u>
AINDRATDRO	
ALNOTEV	<u>-</u>
BOTABIGLO	<u>-</u>
NIIMPSASIO	
IBONORC	<u>-</u> -
TOIMFSRSIO	<u>-</u>
FSDNOZARO	<u>-</u>
BONUS WORD:	
	(form bonus word from the marked letters in the other answers)

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