Every command if your not sure use –help

sf org login web –help

Salesforce has built in a ton of good info and examples

**To authorize a sandbox**

Sf auth web login web –instance-url <https://advancedturf--full.sandbox.lightning.force.com/> -a NAMEYOUWANT

Then go through the normal web browser

**To deploy to non scratch**

Sf project deploy start -d pathToTheFile -o SANDBOX ALIAS