If files in a folder has been pushed to Github once, even you remove .git file in this folder, even you remove this .git file, all files are still marked by this origin .git.

Even you remove all files in the above folder, and put them in another folder and initialize a .git in the later folder. All the files are still marked by the former .git when you try to push them to another github repo,or bitbucket repo.

If you pushed a same git folder to the same github repo, would be lot more slower if you make many changes to the git folder you want to upload.

Alternately, you may create a new repo in Github, push the above git folder to the new repo, would be faster. BUT, you need to remove origin .git file, and initialize a new .git file