If you've got local source code you want to add to a new remote new git repository without 'cloning' the remote first, do the following (I often do this - you create your remote empty repository in bitbucket/github, then push up your source)

1. Create the remote repository, and get the URL such as git@github.com:/youruser/somename.git or https://github.com/youruser/somename.git

*If your local GIT repo is already set up, skips steps 2 and 3*

1. Locally, at the root directory of your source, git init

2a. If you initialize the repo with a .gitignore and a README.md you should do a git pull {url from step 1} to ensure you don't commit files to source that you want to ignore ;)

1. Locally, add and commit what you want in your initial repo (for everything, git add . then git commit -m 'initial commit comment')
2. to attach your remote repo with the name 'origin' (like cloning would do)  
   git remote add origin [URL From Step 1]
3. Execute git pull origin master to pull the remote branch so that they are in sync.
4. to push up your master branch (change master to something else for a different branch):  
   git push origin master

Because you probably did not identify the remote git repository to your terminal first.

git remote set-url origin https://github.com/MyRepo/project.git

and then,

git add .

git commit -m "initial commit"

git push origin master